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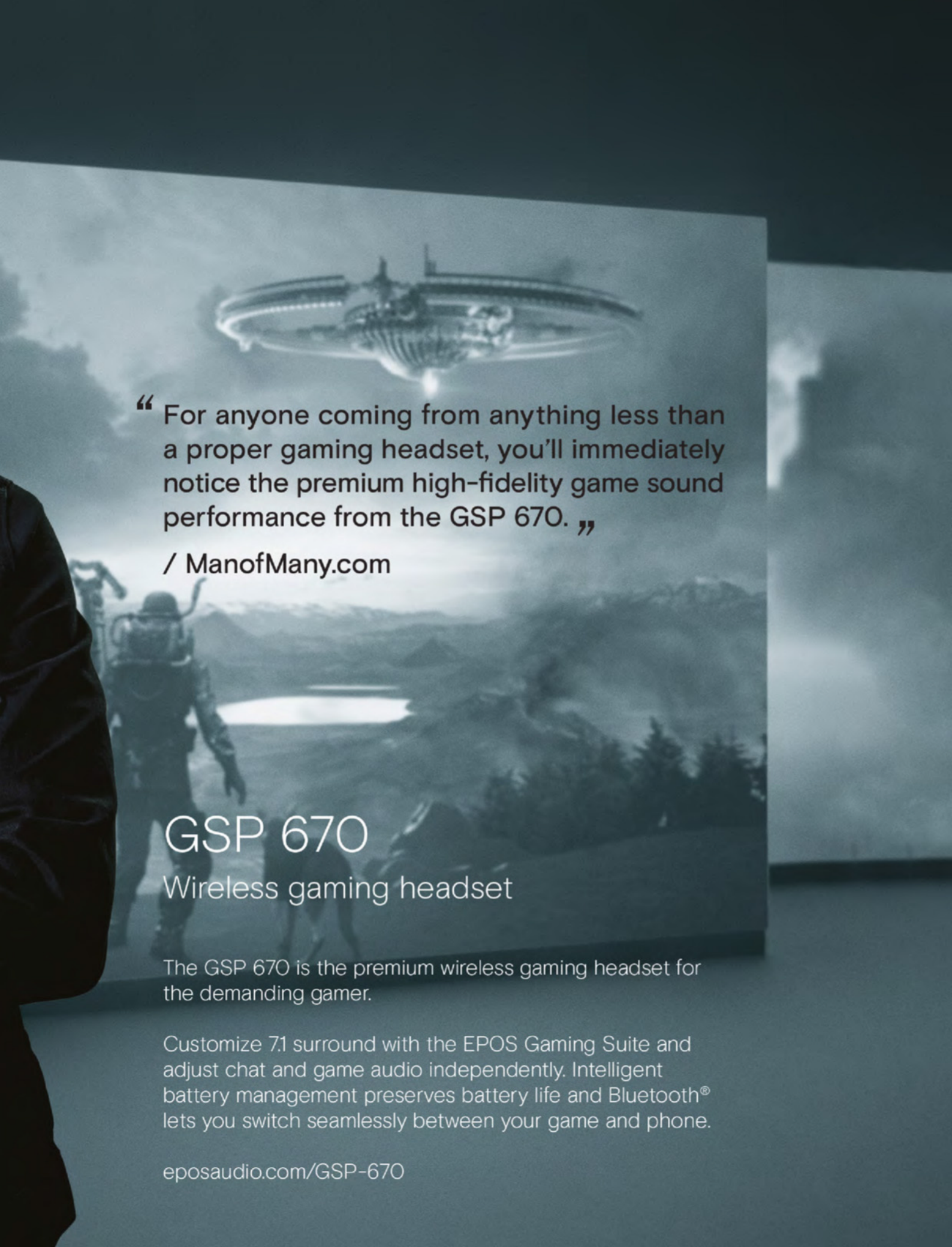

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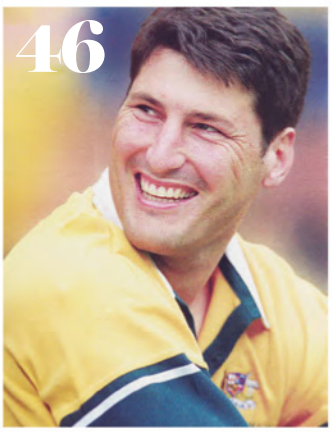

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MIAMI HEAT

SPORTS ILLUSTRATED SWIMSUIT 2024

From red carpet to runway show and after party, we pulled up poolside at Miami Swim Week to celebrate *Sports Illustrated* Swimsuit's sweet 60th...

The W South Beach in Miami, Florida USA was the epicentre of American glamour and excitement as *Sports Illustrated* Swimsuit recently celebrated its 60th anniversary with a runway show that was the hottest ticket at Miami Swim Week. Over 1,500 guests, including influencers, celebrities and VIPs, flocked to witness this landmark event.

The evening kicked off in high style with a star-studded red carpet. Among the *Sports Illustrated* Swimsuit talent making stunning arrivals were Achieng Agutu, Brooks Nader, Camille Kostek, Christen Harper, Ellie Thumann, Hunter McGrady, Jena Sims, Kamie Crawford, Katie Austin, Lauren Chan, Nicole Williams English and Penny Lane. They were joined by Abbie Herbery, Haley and Hanna Cavinder, Jilly Anais, Lele Pons and Sarah Nicole Landry, all adding an extra spark to the night.

The runway show began with a bang as Alix Earle, the brand's first digital edition

Models walk the runway at the *Sports Illustrated* Swimsuit Show during Miami Swim Week at W South Beach on June 1, 2024 in Miami Beach, Florida (Photo by John Parra/Getty Images for Sports Illustrated)

PHOTOS BY JOHN PARRA/GETTY IMAGES FOR *SPORTS ILLUSTRATED* & ALEXANDER TAMARGO/GETTY IMAGES FOR *SPORTS ILLUSTRATED*

This page (clockwise from top): Models pose backstage after the *Sports Illustrated* Swimsuit Runway Show during Miami Swim Week at W South Beach in Miami Beach, Florida; The Cavinder twins walk the runway; Braxton Berrios and Alix Earle backstage during the show

cover model, made a surprise entrance with her sisters. The family theme continued with basketball twins Haley and Hanna Cavinder also strutting down the catwalk together. Brooks Nader stunned the audience by revealing that her brunette locks were actually a wig crafted by celebrity stylist Chris Appleton. The latest trends in swimwear from brands like Lain Snow, the *Sports Illustrated* Swimwear line and Knix were showcased on the runway, setting the tone for the American summer season's beachwear fashion.

The party didn't stop there; the VIP after-party at WALL Lounge kept the energy high. Guests danced the night away, sipping on refreshing drinks from Poppi and wrapping up an unforgettable night in Miami. For those who missed it, this event wasn't just about swimwear; it was a celebration of beauty, style, diversity and the enduring legacy of *Sports Illustrated* Swimsuit. Here's to 60 years and many more to come! ■

CLUB LO SORDO

After a big couple of days at Australian Fashion Week 2024, we sat down with star designer MICHAEL LO SORDO to discover the inspiration behind his big move into menswear...

By REILLY SULLIVAN

Australian designer Michael Lo Sordo is an expert at the art of desire. "One must first feel desirable in order to be desirable," he tells MAXIM, days after his resort 2025 show at Australian Fashion Week. This season, Lo Sordo transported his audience into a mini club land at Machine Hall in Sydney's Kent St complete with live piano music.

"I always like to bring the customer into the world of Michael Lo Sordo, I like to transport them to a place where they can be themselves and where I envisage the clothes I design belong," he explains. "I connect with the customer through the senses: through the music I choose, texture of the fabrics, fragrance of the room and the taste of the finer things such as the champagne I serve."

On the Australian Fashion Week runway, the designer debuted a smoky ode to 1980s Paris nightlife and unveiled his take on sexy menswear. Lo Sordo coaxed top international models like Montana Cox onto the narrow catwalk for a collection heavy on barely-there chain mail and slinky cocktail dresses in his signature black. As always, Lo Sordo's references were rich – from Paris Hilton's 21st birthday dress by Julien MacDonald to the iconic Guy Laroche backless gown created for Mireille Darc in the 1972 French classic Le Grand Blond avec Une Chaussure Noire.

But the real star was Lo Sordo's expanded menswear offering, including boxy leather jackets, silk shirts and club-ready sequin singlets. Describing the pieces as "100 per cent my personal style", Lo Sordo says the impetus behind the move into menswear was "born from my frustration" at the dearth of quality menswear designers in Australia. "I started to make them for myself then it turned into making them for the collection," he says. "The menswear collection is an extension of the women's collection, it is designed to be worn as separates or layered together."

The collection was a victory lap for Lo Sordo on multiple fronts. The designer, who recently turned 40, has carved out a place as one of the country's most respected creatives with a growing international profile. He was even tapped to provide a costume for Bond girl Ana De Armas in 2020's *No Time to Die*, a first for an Australian designer. Now part of his permanent collection, Lo Sordo's Bond gown has already joined the likes of Macdonald and Laroche in the annals of sartorial history.

Australian Fashion Week, held across Sydney each May, faced strong headwinds this year amid concerns a smaller than usual

*"The menswear collection is an extension of the women's collection, it is designed to be **worn as separates** or layered together."*

schedule of shows would mean less eyes on the event. On the contrary, this year's event was something of a palate cleanse and allowed breathing space for designers like Lo Sordo to step into sharper focus. The atmosphere on the sidelines of his show was electric – where else you could see club rats, WAGs and a former foreign minister all on the same front row?

Lo Sordo says the diversity of his audience reflects the inclusivity of his work, which attracts a broad church of customers who share a love for sexy, daring clothes. "The MLS customer has no boundaries, we are inclusive," he says. "The clothing that we design is to be worn with confidence." ■

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Hybrid Hustle

Aston Martin is launching the Valhalla, their first ever plug-in hybrid supercar aiming to rival Ferrari's SF90... *By* BILL VARETIMIDIS

Following their DB12 and Valkyrie models, it seems Aston is getting the hang of this supercar thing. So much so they're planning to launch eight more by 2026 - starting with their first plug-in hybrid, the Valhalla. Unlike the 2019 concept, the Valhalla ghosts the V6, and follows the Vantage with a twin turbo V8 by tech partner Mercedes Benz AMG.

Like AMG's GT Black Series, this V8 features a flat-plane crank but also gets into the record books as the most responsive V8 ever fitted to an Aston Martin. Humble brag aside, it also features adjustable flaps for that authentic Aston sound we all love.

Two electric motors are called upon (a first for Aston); one on the rear axle and another at the front, producing 149 kW for a total of 735 kW, closing in on the impressive output of the Ferrari SF90 – its nemesis.

The hybrid system here can adjust the power to each wheel, and yes – 100% to the rear axle is doable and encouraged. With the petrol/electric system at its optimum, Valhalla can reach 349 km/h, do 0-100 km/h in 2.5 seconds, and chase down the Nurburgring lap time of 6 mins 30 seconds. Like Aston's AMR23 Formula One racer, the front splitter and rear wing can generate 600kg of downforce at 240 km/h, while the F1 style pushrod suspension allows you to lower ride height for better track stats.

All these elements along with the carbon fibre tub keep weight down to 1550kg, resulting in a power-to-weight ratio that have its class rivals going back to the automotive drawing board.

As with the Valkyrie, the F1 cockpit is driver-focused, complete with squared steering wheel, raised footwell and lowered seat. But here there are some traces of tech, like an infotainment touch screen with Apple CarPlay and Android Auto.

Though the Valkyrie carries a monster legacy, the Valhalla is rarer, pricier, and more electrified. As limited as they come, its coming to Australia - complete with sexy roof mounted snorkel. ■

2024 ASTON MARTIN VALHALLA

ENGINE: **4.0 litre twin-turbo V8 + 150 kW hybrid (two electric motors)**
TRANSMISSION: **8 speed dual-clutch automatic**
POWER: **735 kW**
TORQUE: **737 lb-ft**
TOP SPEED: **349 km/h**
0-100 KM/H: **2.5 Seconds**
PRICE: **$1.8 million**

VERGE TS ULTRA

ENGINE: Air cooled electric rim motor
POWER: 149 kW
TORQUE: 885 lb-ft
DRY WEIGHT: 244 kg
SEAT HEIGHT: 779 mm
PRICE: $44,900 (U.S.)

Frictionless Future

Verge Motorcycles' TS Ultra is an electric superbike with mind-blowing acceleration, a self-aware AI safety system, and a radical hubless wheel design...

By BILL VARETIMIDIS

Evil Knievel would have been a fan. While this bike doesn't come with many new age comforts, it can deliver breakneck acceleration in less time than a mouse click.

Looking at the rear wheel, there appears to be a yawning portal where the hub should be. In actuality, the hubless wheel is anchored to the frame, while the rest of the wheel rotates around it. The ridges are radiator fins that disperse heat from the engine, while two concentric bands of electro magnets push and pull to make the wheel spin. Not only does hubless look cool, the space savings allow for a larger, centralised battery – which

means a lower centre of gravity. Don't expect a transmission - there are no shafts, gears, or belts. With fewer moving parts, and less energy lost to friction, the bike is more responsive than your last Tinder date.

It easily places amongst the top tier electric superbikes, as its 885 foot-pounds of torque and 150 kW of power will knock every filling out of your teeth. With a long range of 375 km, the low energy density batteries also charge quickly - 80% charge in just 25 minutes while you put the kettle on.

Always innovating, Verge have developed what they call their Starmatter platform to integrate the safety features of cars onto their two wheelers, and now they have delivered 'Starmatter Vision' – what they describe as 'the sense of sight'.

Not actual eyes but close to it, the Vision system includes onboard cameras and radars that do a deep assess around the rider and promptly displays any approaching hazards or potential road rage on the bike's 'Starmatter Dash'. These Vision upgrades are available to all Ultras - even to older customers through remote updates. Riders will have their choice of five finishes, three seat materials (leather, perforated leather or alcantara), and Wilbers or Ohlins suspension. They won't however, have a choice of passenger though, as there's no pillion.

Silent Assassin

The Piaggio Avanti P180, a uniquely styled turboprop with jet-like performance, offers superior comfort and lower operating costs than most business jets...

By BILL VARETIMIDIS

Likened to a hammerhead shark, the Piaggio Avanti P180 oozes a unique style. With its fixed forward wing, low-drag fuselage and twin pusher engines, it can out-jet most turbojet planes on the market. This Italian-built aerial is powered by two Pratt & Whitney PT6A-66B turboprop engines, providing 625 kW.

Because the propellers are unusually located behind the engines, it gives off a unique sound during approach and take-off. With a maximum cruising range of 3350 km (Sydney to Perth), and service ceiling of 12,496 metres, the Piaggio easily overtakes the average high speed cruise distance of competing jets, with its maximum high speed range of around 2,795 km (Sydney to Uluru). The forward wing, main wing and horizontal stabilizer all work well together to achieve smoother handling during the dreaded turbulence. As a result of less drag and a lower fuel burn rate, the Avanti gets close to midsize jet numbers.

According to the Federation Aeronautique Internationale (FAI), the P180 is one of the

world's fastest propellor-driven aircraft with its 926 km/h top speed. Compared to the Cessna Citation Latitude business jet, this flies 74 km/h faster and costs less to operate – making it an obvious choice for those browsing *Executive Aircraft Weekly*. Because the exhausts are behind the cabin, passengers experience little to zero noise during flight. The pressurised cabin has headroom of 1.7 metres, the largest in its class, and a width over 1.8 metres – so there's enough for nine.

The interior features wired for satellite connectivity, and bench and club seating – with the option of Poltrona Frau leather upholstery and custom silk carpets.

For US$7.2 million, you can experience Italian craftsmanship, extraordinary performance, and one of the most quiet and comfortable rides your ears and ass will appreciate.

The Maltese Falcon

Rebooted and ready to reclaim its crown, the Maltese Falcon boasts high-tech sails, an auto-pilot mode, and a sundeck cinema...

By BILL VARETIMIDIS

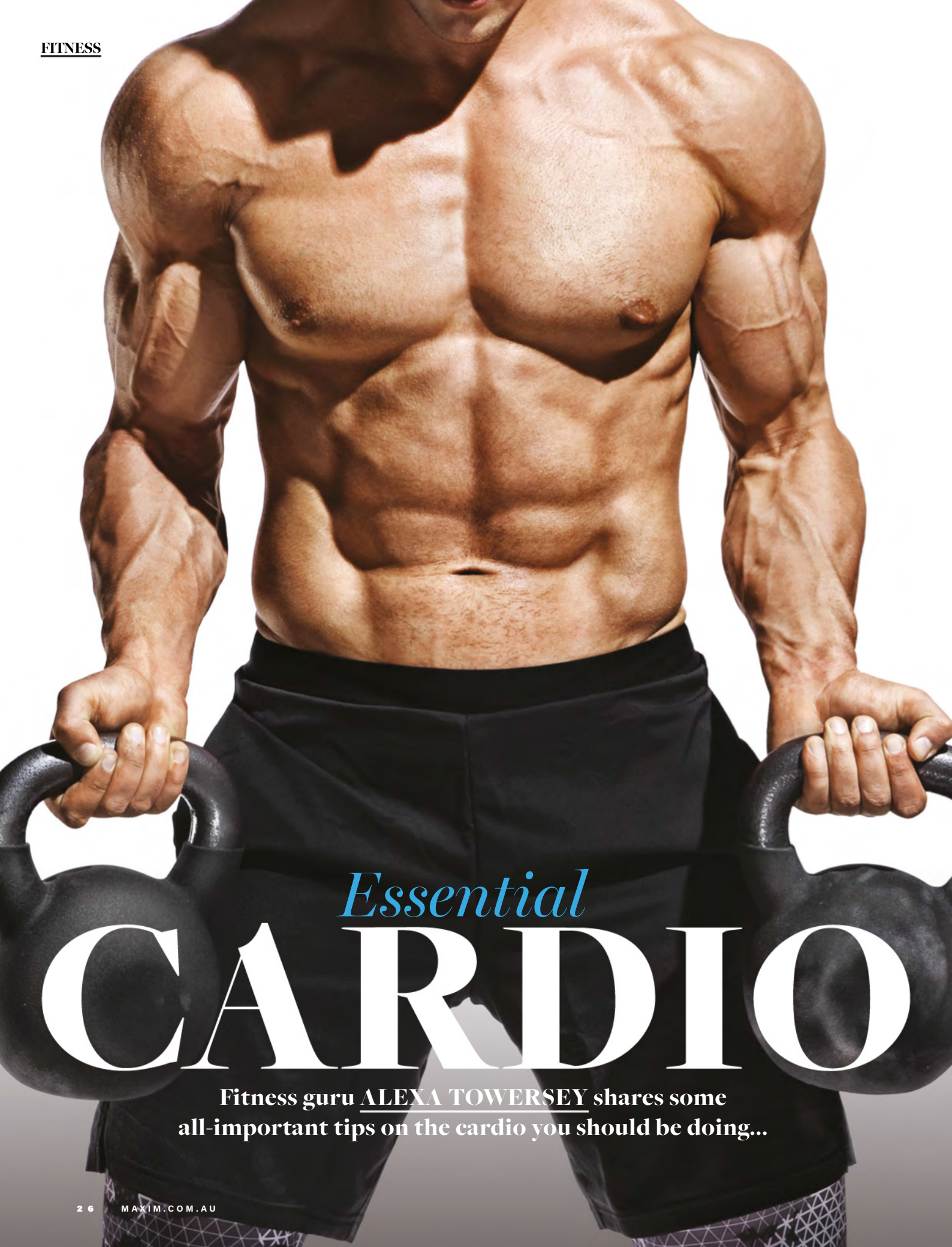
Winning 18 design awards since its launch in 2006, the footy field sized (289 foot) Maltese Falcon was once the world's largest sailing yacht - until it was bested by Jeff Bezos's 417 foot Koru.

Now rebooted and vengeful, improvements include the hull being repainted in Perini Blue, the teak deck being replaced, and interiors refurbished with lighter woods and cream panels. Delivering a top speed of 46 km, the enormous masts and sails are made

from weapons-grade carbon fibre, deploying up to 24,756 square feet of sail in six seconds – the time it takes to tie your shoe. Sensors in the sails measure loads, wind speeds, and tidal currents – all from a centralized control centre that can sail on auto pilot if needed.

One of the standout features is the outdoor cinema projected onto the lower sail – the world's largest, which the guests can watch from the flybridge or the sundeck. Since the refit, there is now also an indoor cinema, with wood paneling and comfy sofas that deliver a real Zen vibe. Need vitamin D? A new circular sunbed rotates with the sun to deliver maximum tanning goodness and continuous panoramic perving.

The interior goes industrial chic and high tech - with leather, glass, wood, and steel all represented. Here the three-deck atrium with spiraling stairs remains a showpiece while the master suite has a new bed, his/her Jacuzzis, and a television that rises from the floor. During downtime when the sails are down, the water toys on offer are include paddleboards, jetsurfers, and efoils. This Maltese Falcon yacht was inspired by the 1941 American film noir of the same name, which featured a black bird symbolizing extreme wealth. The emblem of the bird appears throughout the yacht, on the sails, the linen, and on a bronze sculpture – it's only fitting. ■



Essential CARDIO

Fitness guru ALEXA TOWERSEY shares some all-important tips on the cardio you should be doing...

I don't know about you but I hate cardio, at least in the more traditional sense. However, just because you hate something doesn't mean you shouldn't do it. And if you value other qualities like general health and wellbeing, achieving and maintaining a specific body composition or just having the ability to effectively escape in the event of a zombie apocalypse, you should know that you will need to do some sort of conditioning. The good news is that there is another way to do energy systems work that doesn't involve planting your ass on a stationary bike or plodding along on a treadmill for hours. All you need to do is pick-up something heavy and carry it around. No tricks, no trends, no machines with televisions attached. This is the cardio for "Real Men (and women)".

THE BENEFITS

Loaded carries have made their way from strongman circles into mainstream globo gyms, and for good reason. They make the body work in a way that no other exercise does, combining trunk stability, dynamic movement and isometric tension in key muscles. Being able to do heavy carries with good form can decrease shoulder and back pain, improve posture and grip, increase your work capacity, bulletproof your core and make your big lifts even bigger. Muscle gain? Check. Strength gain? Check. Fat loss? Check. You're welcome.

HOW TO CARRY YOUR WEIGHT

These loaded carries can be performed by nearly every level of athlete, overall time under tension being determined by YOUR objective.

Farmer Carry: This is the simplest of the carries. You just pick up a heavy weight in both hands (dumbbell, kettlebell, trap bar...) and walk with it. The key to success is how you walk — think spine tall and focus on really gripping the weights.

Waiter Carry (Overhead): These can be done with one or both hands. While you can't go as heavy, they're great for increasing shoulder stability and strength because of the additional scapular activation. Instead of thinking about just holding the weight overhead, focus on actively pushing it up and keeping the forearms in line with the wrist so the weight doesn't just hang off your hand.

Suitcase Carry: This is where you're holding a weight in one hand, like you're carrying a suitcase. Since the weight is offset, you have to work harder to maintain proper posture and position. This also works the core harder because it brings an anti-flexion aspect to the movement.

Rack Hold Carry: Hold the weight at chest level along the anterior delts and upper pecs. This exercise employs two independently moving kettlebells or dumbbells, creating additional unilateral stress upon each of the scapulae. The control and stability needed to rack each of the kettlebells can improve awareness, scapular and core stabilisation, and front rack performance. The positioning of the kettlebells also compresses the diaphragm making this carry variation useful for improving breathing efficiency.

Zercher Carry: Barbell is placed in front of you to sit in your elbow crease. This shifts the load to the front of the body stressing the spinal erectors, lats and core. The limiting factor here is often the discomfort in the elbow, so grab a towel or bar pad as a buffer.

Yoke Carry: If you ever wanted to know what it feels like to carry the weight of the world on your shoulders, this is your chance. This strongman walk allows you to maximally load the spine, ignite the Central Nervous System (CNS) and gain valuable experience and confidence under supra-maximal weights making it a simple yet effective way to improve lifting performance.

Deadball/Stone Carry: These are challenging as there is no easy way to grab and hold a medicine ball. These carries are complex in their simplicity. Just scoop it up, and carry it as best you can. Being that the load is solely in front of you and fairly awkward, it creates a huge demand on your anterior core and stabilisers.

You can choose to do these as individual intervals, in combination with a compound lift (i.e. 5 x Squat + 60m Farmer Carry) or other cardiovascular work (i.e. 10 x 60 secs Air Bike/60 secs Dead Ball Carry) or by putting some or all of the exercises together for a strength endurance circuit.

Goal	Min. Distance	Max. Distance	Ideal Distance	Sets	Rest
Strength	10m	50m	30m	3-5	2-3 mins
Hypertrophy	50m	80m	60m	3-5	90-120 secs
Resistance	80m	110m	90m	3-4	70-90 secs
Fat Loss	60-90 secs			4-6	1:1 ratio

TOP TIPS FOR A SAFE CARRY

1. Pick up and put down the weight as safely as possible. If you're going to get injured, it's more likely to be when you're not paying as much attention like at the start or finish of a set.
2. Stay upright no matter where the weight is carried. Get the shoulders, ribs and hips in alignment. They should be stacked over each other.
3. Brace your core and pillar (shoulders, core, and hips). Think of having a corset around your mid-section. For really heavy lifts, you could use a weight belt.
4. Take small steps so that your feet stay underneath you and maintain alignment throughout. ■

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HOW TO...

PULL

ALEXA TOWERSEY shares her essential tips on how to pull. And she means chest to bar, not women. Although, it definitely won't harm your chances when it comes to the latter...

You can't really consider yourself fit if you can't do a pull-up — sorry, but that's just the way it is. Regardless of the amount of bullshit, conflicting information and "functional" buzzwords being thrown around in the fitness industry, every coach recommends them, and that's a pretty good sign you should be doing them too. Why are they so awesome? Not only will you develop a back worthy of a muscle on Muscle Beach, but by developing and strengthening the lats, you'll improve on every other lift that you do including squats and deadlifts.

BACK TO BASICS

Stuff you need to know

What's involved?

The primary muscles working in the pull-up are the lats, biceps, and rear deltoids. These guys get help from numerous synergists including the forearm flexors, elbow flexors, rhomboids, teres major, external rotators, and trapezius; even the core and legs, to a lesser degree.

Mobility

Doesn't matter how strong your back is, if you don't have good shoulder and elbow mobility, not only will you be fighting your own bodyweight but you'll also be contending with the opposing pull of some pretty meaty muscles. I always start my upper body training sessions with some shoulder and chest opening drills — foam rolling the lats and thoracic spine and trigger pointing the pec minor can be helpful.

Don't be a fat bastard

I wouldn't be doing my job if I didn't address the elephant in the room — pun intended. A huge component to any pull-up challenge is total bodyweight. For most of you, we want to avoid losing muscle mass. So dropping body fat will be a sure fire way to get some numbers on the board.

Body position

Usually one of two things happen in this movement — the lower back is arched to counterbalance the pull and shift the weight forwards or the hips are flexed and the knees are swung up for momentum. Neither should happen. Brace yourself through your abs and glutes — I like supplemental exercises like Reverse Hyper Holds, Hollow Rock Holds, and planking variations to target complete core stability.

Technique

Full range of motion doesn't automatically mean good form. The pull-up is a mid/upper back exercise. If you're not feeling it there, you're doing it wrong. Don't engage the elbows first when doing pull-ups – that turns it into a biceps exercise. Engage the shoulders first by depressing them. This will make the pull-up a back-dominant movement, as it should be.

Repetition

If you want to be good at something — do it. And do it often. Lifting weights and lifting your own bodyweight are two different things — the latter being more motor control than brute strength. If you're in the gym, every time you walk past a pull-up bar, do one. If you're at home, fit a pull-up bar over a doorway and every time you walk through the door, do one.

GETTING STARTED

PROGRAMMING FOR SUCCESS

In order to become badass, you first need to ascertain how much you suck. I like to divide this into three categories:
Category 1: On a scale of zero to hero, you have no super powers at all and you haven't even reached single digits.
Category 2: You still need a sidekick but you can knock out 1 to 4 "decent" pull-ups.
Category 3: Ben Affleck is your preferred Batman but at least you can get 5 to 9 reps on the bar.

I'm going to assume, that given you're reading MAXIM, you're not a complete loser and will sit somewhere in the middle. This is what I suggest you do:

TRAINING FREQUENCY:

2 x week separated by 2 days of rest.

Day 1:
- 4 x 4 pull-ups with slow negative — as soon as you can't do any more strict pull-ups, switch to a jumping variation.
- 45 degree Bent Over Row — 10, 8, 6, 15. Increase weight each set, finishing with the same weight that you started with.
- Wide Grip Lat Pull Down — 10, 8, 6.

Day 2:
- 4 x 30 secs Isometric hold (chin over bar).
- 4 x 8-12 Assisted pull-up (banded or with a partner)
- Dumbbell Row — 12, 9, 6. Increase weight with each set without sacrificing form.

Progression:
- Each week add 1 rep to the eccentric pullups on Day 1.
- Each week, add 5 seconds on to the holds.
- Every other week, try and increase your weights in incremental amounts.

You should also try and incorporate some isolated bicep training in 1 to 2 x week after your strength sessions (curls do get the girls), and some additional forearm and grip training (Farmer Carries and Dead Hangs are simple and effective finishers). ■

ABOUT ALEXA

"Action Alexa" is an internationally published celebrity trainer, sports model and nutrition and lifestyle coach with over 15 years' experience in the health and fitness industry, and has worked with NZ's world champion rugby team, the All Blacks. She has qualified for the Ironman 70.3 World Champs and was named as one of the Five Toughest Trainers in Asia during her seven-year stint in an MMA gym in Hong Kong.

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POSITIVE POWER

Motivational speaker, firefighter, podcaster, author, suicide survivor – **ADAM BLUM** shares his insights on how to change a negative mindset into a positive one...

It's hard to believe that I was at the lowest point of my life only 10 years ago. It's even more difficult to consider I was so deeply entrenched in the darkness that I had considered this negative state as irreversible. Somehow, I knew that after I attempted to take my life that I needed to learn how to embrace a more positive mindset. I had no idea where to begin, and like most people I started by seeking advice.

Working with a psychologist sparked my curiosity about the mechanics of the conscious mind. Following her guidance, I started to make daily changes using simple intentional goals. I read about neuroplasticity, and when I began looking for mentors, their recommendations were implemented into my routines. Here's what I learnt:

*"I was so deeply entrenched in the darkness that I had considered this **negative state** as irreversible."*

EXERCISE

As recommended by the most impactful people I have met, I started exercising four to five days a week and slowly, the mental clouds lifted. It was tough, and I hated it at first, but at 166kg with little flexibility, my body had plenty of reasons to produce pain. I had to accept that health would take time, and each day I just kept putting one foot on front of the other towards the end goal.

MEDITATE

Meditation and visualisation were the next methods that I added. The best version of me lies in my unconscious mind, and every small change removes me from a life of pain. I recall hearing on a podcast that you are what you think. So, if your mindset is small, you will think small, leaving you less likely to take risks or experience happiness in life. By contrast, if your mindset is positive and you think big you do big things (think the image of the cat who sees a lion in its reflection). Each of these tools had a purpose to draw me into new thoughts and a different future.

ABOUT THE AUTHOR

ADAM BLUM is also the creator and host of the podcast True Blue Conversations. He hopes the stories within his new book will help others build their own inner strength and self-worth. For more info go to **www.adamblum.com.au**

GET A TRIBE

I knew that I could not do this on my own, and I needed a tribe to support me. People with positivity who are committed to successful lives. I knew that positive people attract positive people, and these people typically want to encourage each other to be their best version. Knowing that we are what we attract, being around people who think this way only lifted my overall perspective on what my life would be like, and I needed that desperately.

JOURNALING

Another tool in the mindset chest is journaling. Doing this by writing your thoughts daily helps you to learn from your experiences. I look at life very differently now and I stop and enjoy all the good moments. I know that bad times will come again but I know to embrace those times as opportunities to learn and grow. Having a negative mindset you only see doom and gloom you can't see these times in your life as opportunities to grow. Thinking positively ensures you don't just survive but thrive.

MENTAL HEALTH CHECK UPS

I came to realise that we work on our bodies daily and often forget to prioritise our minds. Good mental health needs attention every day. Too often, we don't prioritise it until the effects become drastic, ending up on our own virtual cliff ready to give in.

From my own experience, I admit that I played the victim at times. I can see this now and how it made sense at the time. I finally recognised that whilst I had chosen to feel that way, I could also choose to feel differently. After making the decision to change my mindset I now feel that I'm able to achieve more then I ever thought was possible. Change is possible for anyone, but before you can achieve you must believe. ■

This is an edited extract from* EASY TARGET: TAMING THE BLACK DOG *(Big Sky Publishing $29.99) by Adam Blum, available at all good book stores

YEE-ZY!

Introducing beautiful budding artist, self-proclaimed nerd, agent and modelling and social media sensation CORRIE YEE. You're welcome...

Photography by ARTHUR ST JOHN

Hello, Corrie, congrats on your MAXIM Australia cover. What did you love most about this photo shoot?
My favourite part was having the opportunity to be on the cover of such a prestigious magazine. It's an honour to be on the cover of MAXIM Australia, it's always been one of my biggest dreams as a model.

You look great. When do you feel sexy?
I feel sexy a lot of the time! To me, being sexy means feeling comfortable in my own skin, feeling confident no matter where I am, whether it's in the grocery store or shooting this cover.

What is your best asset?
M face. I think it's the Asian and Caucasian mix in my genes – I have a very beautiful mother and grandmother. A non-physical asset is probably my artistic ability. I love to paint. I had a great grandfather who was a talented artist and I seemed to have inherited his ability. I'm also a people person and a good listener. I enjoy meeting new people, hearing their stories, understanding new cultures, and listening to different perspectives on a variety of subjects.

Tell us more about yourself.
I grew up in a small town in New Mexico USA. My mother was a teacher, my father owned a restaurant, and worked as the county assessor. I became interested in modelling when I was about 12 and around 15, I did small, local modelling events. I tried to do as much work as possible, but opportunities in the area

"I enjoy meeting new people, hearing their stories, understanding ***new cultures****, and listening to different perspectives."*

were limited. So, I eventually moved to Las Vegas and began working with an agency there. My career began to take off after I did a photo shoot and then a domino effect began. Offers poured in and my Instagram account grew quickly to over a million followers. I moved to Los Angeles where I focused on modelling full time. To date I've modelled for brands such as Popsi Lingerie, Mouawad Diamonds, Honey Birdette, Fashion Nova and others. I'm currently running my own modelling agency and traveling again. I love life, people and the work I'm involved in.

What would people be surprised to learn about you?
I think people would be the most surprised to know that I am friendly, approachable and a big nerd. I enjoy cooking, yoga, painting and anime. I like wearing comfy pyjamas and curling up in front of the TV watching films like *Harry Potter*, *The Lord of the Rings*, documentaries and animated films.

You have over 2.3 million Instagram followers. How do you keep them engaged and coming back for more?
I post almost every day, and I try new things. I communicate with my fans and listen to their input. It's also important to travel and shoot at different locations around the world and make new connections.

What's the weirdest thing someone has sent you via social media?
The absolute weirdest one was when a fan sent me a sock puppet – a long, brown sock with two black buttons for eyes. He wanted me to put the puppet on my hand and do a sock puppet show on social media, which I did not do.

"I've learned that men enjoy good food and ***great sex****. Men do not seem as complicated as women."*

Would you ever date one of your social media followers?
Yes, I have dated and met men who knew me on social media, so that's a definite yes. And I only agree to a date if that person interests me, and I can feel a possible connection.

Describe your ideal man.
Someone with a great deal of confidence. Someone with leadership skills, who knows what they want out of life and is pursuing those goals. Other attributes that are important is intelligence, manners, honesty and physical fitness.

How can a man possibly win his way to your heart?
By encompassing the assets I mentioned in the previous question, traveling with me and sharing a love of adventure, while also allowing each other some space. I like a little alone time, so I appreciate other people who need that, too.

What have you learned about men over the years?
I've learned that men enjoy good food and great sex. Men do not seem as complicated as women.

When you're not posing for MAXIM, working, modelling or on social media, what else would we find you doing?
You find me spending time with my friends and family, going to the gym and the spa, working on a painting, cooking and eating healthy, in baggy pants and curled up on my sofa watching a show that interests me.

What's the best advice you've ever been given?
When I was around 20, a man I was dating shared this quote and it's always stayed with me: "The best thing we can give to others is our undivided attention. All people ever really want is to be heard." These words just hit home with me and ever since, I've tried to be a good listener. ■

"The best thing we can give to others is our ***undivided attention.*** *All people ever really want is to be heard."*

STATUS UPDATE

NAME:
Corrie Yee

BORN:
November 18

HOMETOWN:
Alamogordo, New Mexico USA

CURRENTLY LIVES:
Los Angeles, California USA

FIVE-WORD SELF DESCRIPTION:
"Independent, happy, empathetic, confident, fearless."

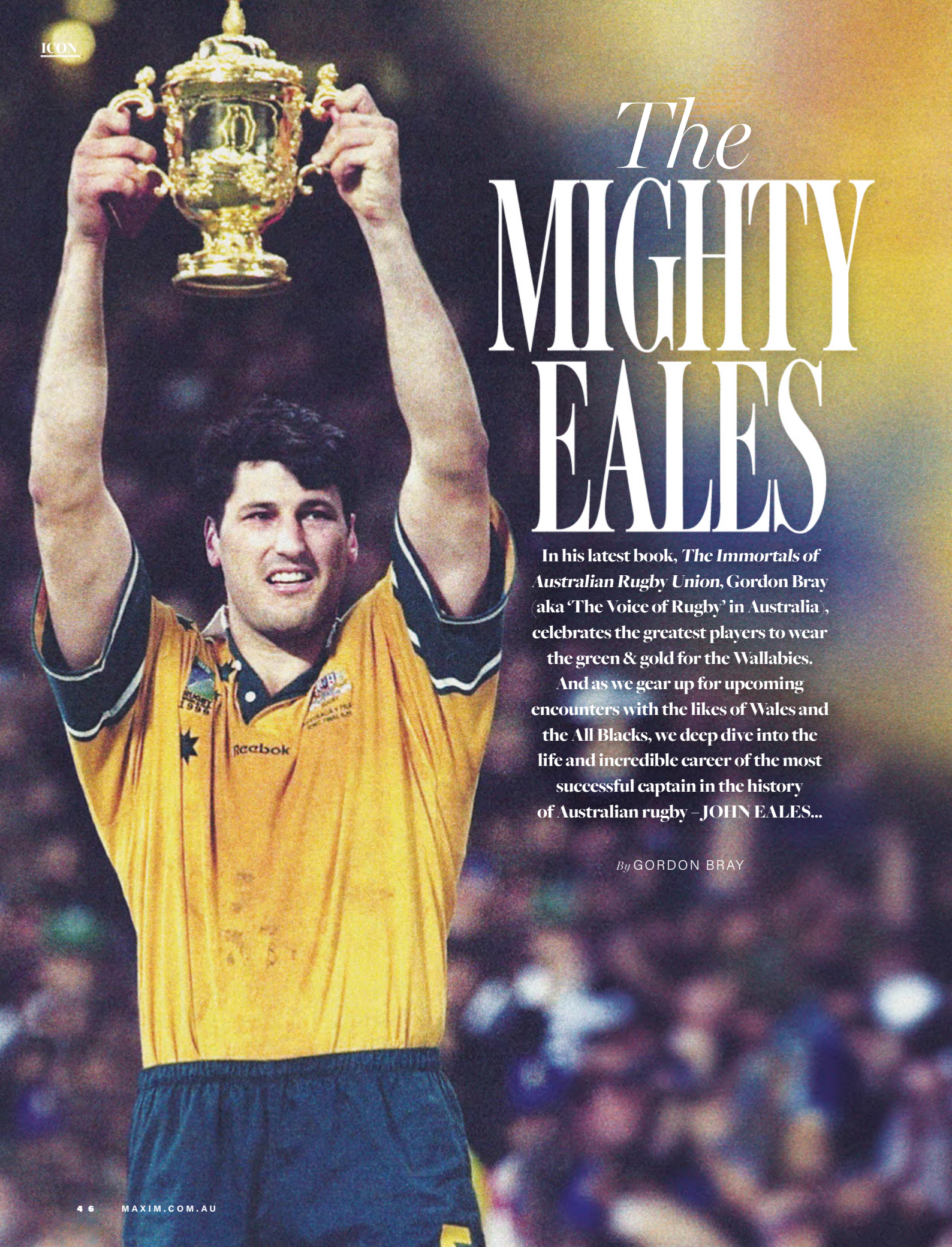
GO-TO DRINK:
"1942."

LIFE MOTTO:
"Go for your dreams, be you, and live life unapologetically."

INSTAGRAM:
@corrieyee or @thecorrieyee

TWITTER:
@Itscorrieyee

TIKTOK:
the_corrieyee



The MIGHTY EALES

In his latest book, *The Immortals of Australian Rugby Union*, Gordon Bray (aka 'The Voice of Rugby' in Australia), celebrates the greatest players to wear the green & gold for the Wallabies. And as we gear up for upcoming encounters with the likes of Wales and the All Blacks, we deep dive into the life and incredible career of the most successful captain in the history of Australian rugby – JOHN EALES...

By GORDON BRAY

ABOUT THE AUTHOR

Gordon Bray is renowned throughout Australia for more than four decades as the 'Voice of Rugby'. He is one of our longest serving sports commentators having spent 25 years with ABC Sport, 16 years at the Seven Network and 10 years at Ten. He has called over 25 sports at international level and covered 10 Olympic Games. Amongst many accolades, he was made a Member of the Order of Australia in 2005.

John Eales was Australia's greatest second row (lock) forward – a supreme athlete with an astonishing skillset for such a big man. At 201cm (6 feet 7 inches) and 115kg he could run like a hare, leap like a gazelle and physically challenge the toughest opponent. His hand-eye co-ordination and goal-kicking prowess showcased a complete package. A double World Cup winner and outstanding leader, his 86 caps produced a win percentage of 79% and included 11 wins from 20 Tests against the All Blacks. Eales was given the nickname 'Nobody' because 'nobody is perfect'.

John Eales first walked through the imposing gates of Marist Brothers Ashgrove, Brisbane, in 1980. A skinny yet strapping nine-year-old, he still had two years to go in his primary school education in Brisbane. The William Webb Ellis Cup, symbol of world rugby supremacy, was barely a thought bubble in the outside world. Cricket was his first love and a baggy green cap had already crossed his mind.

But fast forward 11 years and history reveals a very different story. The tallest boy in the class had developed a powerful, elongated athletic frame – one that had catapulted him into the upper echelons of the grand old game of rugby union at its acknowledged home at Twickenham in outer London. Along with his jubilant Wallaby teammates, the 21-year-old was a world champion having defeated England by 12-6 in the Rugby World Cup final.

Eales grew up in a strict Catholic family environment in Grovely, a working class suburb of northwestern Brisbane. His father Jack was a teacher and later primary school principal while mum Rosa had a full-time occupation raising six children – four girls and two boys. Grandma Nonna, who lived with the family, was John's spiritual guardian angel. She adored the two boys John and Damian, and Eales proudly acknowledges she had a huge influence on his journey to elite sport and beyond.

John was an outdoor kid consumed by sport-related activity. On the cricket side, Jack encouraged his son to practise and hone his technique. That meant the majority of his spare daylight hours were spent practising strokes with a stockinged ball suspended from the family clothesline. This practice graduated to hitting a tennis ball up against the back wall with a cricket stump. John's gifted hand-eye co-ordination was obvious at an early age. Ironically, given his spectacular senior career success, Eales' schoolboy sporting journey was littered with disappointments. He tried out for state representative teams in cricket and rugby but, each time, the selectors found reasons not to pick him. But he did eventually make the North Brisbane Regional XI for the Under 12 State Cricket Championships in Cairns where he first encountered two boys who would become his life-long rugby mates. Tim Horan and Jason Little were playing for a Darling Downs XI, Tim as wicketkeeper and Jason as their star batsman. Despite some subtle intimidation from the man behind the stumps, the gangly youngster Eales made a composed 40 and helped his side to victory. Nearly a decade later the famous trio would all play critical roles in Australia's stunning World Cup triumph at Twickenham.

Meanwhile, John achieved his cherished goal of making the Marist Ashgrove First XV in his final year of high school but again was overlooked at lock for the Queensland Schools team, his spot going to future Wallaby Garrick Morgan. 'Not tough enough, too skinny and too scrawny' was the selectors' judgement. John emerged from school as a modest and reserved young man who enjoyed the company of his mates. But he was different – even taking his lunchbox with mum's sandwiches on his first pub-crawl. Rugby allegiance led him to the Brothers Club and he kicked off in Colts I. When they played Souths, he came across his old cricketing rival Tim Horan who already seemed to be on another level to teammates and rivals.

Around this time his second eldest sister, Carmel, who was studying architecture, was diagnosed with Hodgkin lymphoma, an aggressive form of cancer. The devastating news left John in a state of disbelief.

Toutai Kefu scores the winning try in John Eales' last Test to clinch the Tri-Nations and Bledisloe Cup in 2001

Nonna led the family in daily prayer beneath the statue of St Anthony in the living room. Carmel fought hard and with enormous positivity through a long battle with the disease. Sadly, 10 months after she was diagnosed, she died peacefully in hospital with the entire Eales family at her bedside. John recalls that moment as the worst day of his life.

The loss of Carmel in 1989 seemed to channel a much sharper focus in his second season of Colts rugby and he finally made a Queensland team – the Under 19 Colts. His greater urgency and aggression on the field were noted by keen local judges including the new Queensland coach, John Connolly, who selected him in the State squad before Eales had played a game of senior grade rugby. Brothers played hot favourites Souths that year in the Colts grand final. In a portent of greater things to come, skipper Eales kicked the winning penalty goal with time almost up. The worst day in his life had been triumphantly superseded by his best day ever on a rugby field.

His biography *John Eales*, by Peter FitzSimons, records a poignant

and prophetic speech at the club celebrations by Brothers legend and oldest life member Merv Hazell. 'I have seen a lot of players come through Brothers over the years but I can honestly say I don't think I've seen one with more talent than you. I honestly believe you will become one of this country's greatest players, and in honour of that I would like you to accept my Brothers tie-pin which I have worn to every Brothers grand final since 1966.'

At the same time John was also selected as an all-rounder in the University of Queensland A Grade XI team and his cricketing future looked promising. Not only was John an accomplished batsman but his ability to generate extra bounce with his medium-to-fast deliveries set him apart. But in John's eyes, rugby union was the future and he made it his priority. One year out from the second Rugby World Cup in 1991, the John Eales bandwagon was rapidly gaining momentum.

*"From 30 metres on an angle, **'Long John' entered rugby folklore** with the sweetest strike of his life."*

He finally took the field for his beloved Queensland Reds, coming off the bench to replace his injured skipper, Bill Campbell, against Kiwi powerhouse Canterbury in Christchurch. His 15-minute cameo was eventful. Clobbered in the first lineout by the fist of rugged All Black Andy Earl, he bounced back and won four clean lineouts to help the Reds secure the victory.

National coach Bob Dwyer was in the stand that day and recalls his reaction: 'I thought: this guy looks pretty good. In fact I think he is

ready to go.' The Brisbane referees certainly thought so. They voted for him to become the youngest ever winner of the Rothmans Medal for best and fairest in the Brisbane club competition. The 20-year-old was then selected for the Emerging Wallaby tour of Europe. Team coach Bob Hitchcock was suitably impressed with his strapping youngster's performances. He told *The Courier Mail*: 'Eales is one of the most talented footballers I have ever seen. He has beautiful hands, runs powerfully with the ball, and is one of those great players who can reach the top without any nastiness in his game.' To cap a stupendous year climbing the rugby ladder, John was then named in a wider 45-man World Cup squad.

"He could run like a hare, ***leap like a gazelle*** *and physically challenge the toughest opponent."*

By 1991 John was simply unstoppable. Dominant displays for Queensland in their wins over Wales and England made his debut Test selection a formality. When his name was read out alongside Brothers teammate Rod McCall after the England victory, Eales' first thoughts were for his family and his late sister Carmel. Indeed, in the lead-up to the big game at Ballymore his biography revealed that Carmel dominated his emotions: 'Whenever he felt stressed, he tended to think about her and somehow it calmed him, nurtured him, nourished him. He liked thinking about Carmel, and he was still thinking about her at about 1.30 pm' (90 minutes before kick-off).

And boy did he summon all his inner strength! The Wallabies ran in 12 tries to record a record 63-6 victory. Four weeks after his 21st birthday Eales was named Man of the Match in his first Test. A week later in Sydney he was in similar form as Australia punished a full-strength England by 40-15. Coach Dwyer is on record as saying it was the best 80 minutes of football, he had ever seen from a Wallaby team. All that now remained before the World Cup were home and away matches against the All Blacks. A fortnight after the

This page: Mum Rosa, father Jack, wife Lara and the Eales clan celebrate John's swansong against the All Blacks; ***Opposite:*** John Eales's finger-tip control is on display at Stadium Australia in 2001 when the Wallabies made it six wins from the previous seven clashes against the All Blacks

Eales broke point-scoring records for forwards thanks to his goalkicking abilities. Here he has a shot at goal for the Queensland Reds in 1996 at Ballymore

England win, Australia despatched New Zealand by 21-10 in Sydney. the Kiwis won the return clash in Auckland 6-3 in a forgettable match totally dominated by the whistle of the Scottish referee. So, in the space of just four weeks, the young rookie Eales had already experienced a broad gamut of emotions of life as a Wallaby – from dizzy heights to a gut-wrenching low.

The 1991 Rugby World Cup saw a continuation of John's stellar run on the global stage although he did stumble out of the starting blocks. A serious knee injury to champion No.8 Tim Gavin encouraged coach Dwyer to experiment with his athletic rookie. Eales played at the back of the scrum in the wins over Argentina and Western Samoa but the myriad of intricate back-row moves ensured it was not a natural fit and he returned to lock for the clash with Wales. Before the match the team was presented to Diana, Princess of Wales. John was awestruck. 'She was far and away the most beautiful woman I had ever seen.' The Welsh were humbled by 38-3 thanks to a comprehensive lineout eclipse by Messrs Eales and McCall.

In the quarter-final, the drama of the win over Ireland is well documented. Michael Lynagh's splendid captaincy and match winning try in the dying minutes enthralled John. As did David Campese's mesmerising one-man show in the semi-final against New Zealand. But it was his own incredible match-saving tackle on Rob Andrew in the final against England that is most cherished by his teammates. Despite giving the pacey Andrew a head start, Eales somehow mowed him down just five metres from the goal line. Australia had won the Rugby World Cup avenging their heartbreaking exit four years earlier against France.

A successful short tour of newly opened South Africa took place the following year. Australia's number one status was confirmed with a thumping 26-3 win over the Springboks. For John the other highlight was a visit to a black township in Port Elizabeth where a group of Wallabies and coach Dwyer conducted skills sessions for hundreds of kids and then joined them for a lengthy singalong.

But our hero was anything but warm and fuzzy after an incident during the end-of-year tour of Europe. Against Welsh side Llanelli, an innocent attempted charge down resulted in an opponent falling on, and crushing, John's shoulder. He suffered a dislocation and a full rupture of his rotator cuff and was initially told his career was over. Eales missed the entire 1993 season but, thanks to the skill of leading orthopaedic surgeon Peter Myers and physiotherapists Cameron Lillicrap and Greg Craig, he was back the following year and at the epicentre of Australia's famous win over the All Blacks in Sydney when George Gregan produced his miracle tackle on Jeff Wilson.

The second Rugby World Cup in South Africa in 1995 remains a blip on John's rugby radar. An ageing team carrying plenty of injury niggles was no match for the hosts in the Cup opener. The stuttering Wallabies then worked past Canada and Romania but failed to fire. Their exit against England in the quarter-final came as no great surprise. A late 45-metre drop goal by Rob Andrew, the same man John had so heroically tackled in the '91 Cup final, broke a 23-23 deadlock. John did his best to carry teammates over the finishing line in one of his finest displays, but history had determined Andrews would have his revenge.

John Eales assumed the Australian captaincy in 1996 under new coach Greg Smith. In all he led the Wallabies in a then record 55 Tests (later surpassed by George Gregan). He grew into the role to such an extent that he is now rated as arguably Australia's greatest rugby leader. His style was understated and by nature modest. His on-field deeds did the talking but so did his sincerity and strength of character off the pitch. His example helped lift Australia's performance to extraordinary heights, admittedly after a rocky start under new coach Rod Macqueen. John led his country to three Bledisloe Cup series wins including a rare 3-0 clean sweep in 1998. Another serious shoulder injury threatened his World Cup campaign the following year but six months of intense rehabilitation, again under the tutelage of Cameron Lillicrap, ensured he was on hand to raise the Webb Ellis Cup in Cardiff in his third Cup campaign.

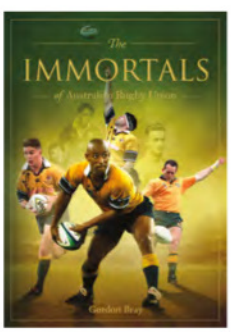
"He has beautiful hands, runs powerfully with the ball, and is ***one of those great players who can reach the top*** *without any nastiness in his game."*

With Australia on the crest of a wave, 29-year-old Eales decided to continue and he captained Australia in 10 Tests in 2000. It was a vintage year. He led a superb against the All Blacks in front of a world record crowd of 109,874 at the Olympic Stadium. Australia was down 24-0 in the opening minutes before eventually losing 39-35 in what was billed the 'game of the century'. Three weeks later in Wellington he calmly stepped up for the ultimate pressure goal kick. With the result and the Bledisloe Cup on the line and regular kicker Stirling Mortlock on the sideline, John's thoughts flooded back to his fearless match-winning goal kicks in the backyard – and more significantly that game-breaking kick in the Colts' grand final against Souths. From 30 metres on an angle, 'Long John' entered rugby folklore with the sweetest strike of his life. Captain Courageous, Captain Incredible!

Timing has always been a John Eales trademark and his retirement must be described as both picture perfect and pinpoint accurate. After leading the Wallabies to a series win over the British and Irish Lions, his farewell was slated for ANZ Stadium against the All Blacks on 1 September 2001. Mum Rosa, his father Jack, brother Damian and sisters Bernadette, Antoinette and Rosaleen had front-row seats. But with time almost up, New Zealand held a 26-22 lead.

Damian exclaimed, 'Mum we are not going to do it!' Rosa's response was instant. Clutching the rosary beads of John's late sister Carmel in one hand and his late grandmother Nonna in the other and then raising them in unison, she proclaimed, 'Yes we are!' Shortly after, Toutai Kefu scored the match-winning try to clinch a fairytale ending to a monumental career. Eales' 86 caps saw him bow out as the world's most-capped lock. He also made an astonishing 112 appearances for Queensland.

John was awarded the Order of Australia (AM) medal in 1999. Australia's Best and Fairest Player award, the John Eales Medal, was instigated in 2002. John and lawyer wife Lara have raised four children and live on Sydney's North Shore. ■



THIS IS AN EDITED EXTRACT FROM **THE IMMORTALS OF AUSTRALIAN RUGBY UNION** *BY GORDON BRAY (GELDING STREET PRESS, $39.99RRP) AVAILABLE AT ALL GOOD BOOKSTORES*

JESS *to* IMPRESS

Meet marketing and PR whiz, all-round American beauty and gorgeous newbie to the modelling industry, **JESSICA EBERT**...

Photography by CARLOS HERRERA

"The idea behind it was to really get into it, ***let loose and channel my sexuality.****"*

*"I love to **laugh** and make others laugh – I never take things too seriously!"*

Tell us a bit about your photo shoot, Jess.
This shoot was such an exciting experience, especially since it was one of my first! We chose Virginia Key in Miami USA as the location because it's a stunning beach with lots of lush greenery, offering a perfect blend of settings. The idea behind it was to really get into it, let loose and channel my sexuality while showcasing some beautiful swim and beachwear. I wanted these photos to exude confidence and embrace my own sense of style and sensuality. I felt empowered, truly in my element and let my guard down.

Any funny anecdotes you can share about this shoot?
There was definitely a moment where I accidentally flashed a bystander during an outfit change.

When do you feel sexy?
I always feel most sexy when I'm practicing heated yoga. Something about being in a heated studio and really channelling the mind-body connection through different poses and stretches really allows me to unwind and brings me into my femininity and sexuality.

What is your best asset?
My height is my favourite asset. Being 5'10' it is always fun to play it up with high heels and just standing tall from the crowd. Outside of looks, I definitely have a great sense of humour and I love to laugh and make others laugh – I never take things too seriously!

Tell us more about yourself and your life story so far.
I grew up in the New Jersey/New York City area, being surrounded by a culture known for its grit and bluntness. People there are very direct and to the point, which has definitely shaped my personality. I moved to Miami seven years ago to attend the University of Miami and it was a bit of a culture shock at first – the vibe here is much

"There was definitely a moment where ***I accidentally flashed*** *a bystander during an outfit change."*

more laidback. I dove into the marketing and PR world after college, working mostly with fashion and beauty clientele, and it was an incredible experience and behind-the-scenes look at the industry. It's been the perfect stepping stone for breaking into modelling – the other side of the industry and something I've always wanted to embark on. And there's no better time than now to pursue it!

What's one thing men should always know about women?
I think it's amazing that in today's society women are encouraged to boss up and we have so many wonderful opportunities to be successful and independent in our own right. This doesn't mean that we don't still appreciate a man with old-fashioned traditional values at the same time. Many women still appreciate and look for that in a man.

What do you look for in a man?
Masculinity, traditional values, sense of humour, integrity and, hopefully, mental stability.

Describe your ideal date.
Sporting events are always fun.

What can we get you at the bar?
Espresso Martini with tequila so I can look alive all night!

Got a hangover cure?
A bagel and Gatorade.

What is your motto in life?
Don't let something that you won't remember in five years from now stress you out longer than five minutes.

Where would you like to be in five years?
I want to grow my modelling career more, travel more,and maybe dive into the activewear space since I've always been passionate about yoga and working out. I really hold a strong interest in the fashion aspect of that world, too.

What's next for you?
Stay tuned to find out! ■

STATUS UPDATE

NAME:
Jessica Ebert

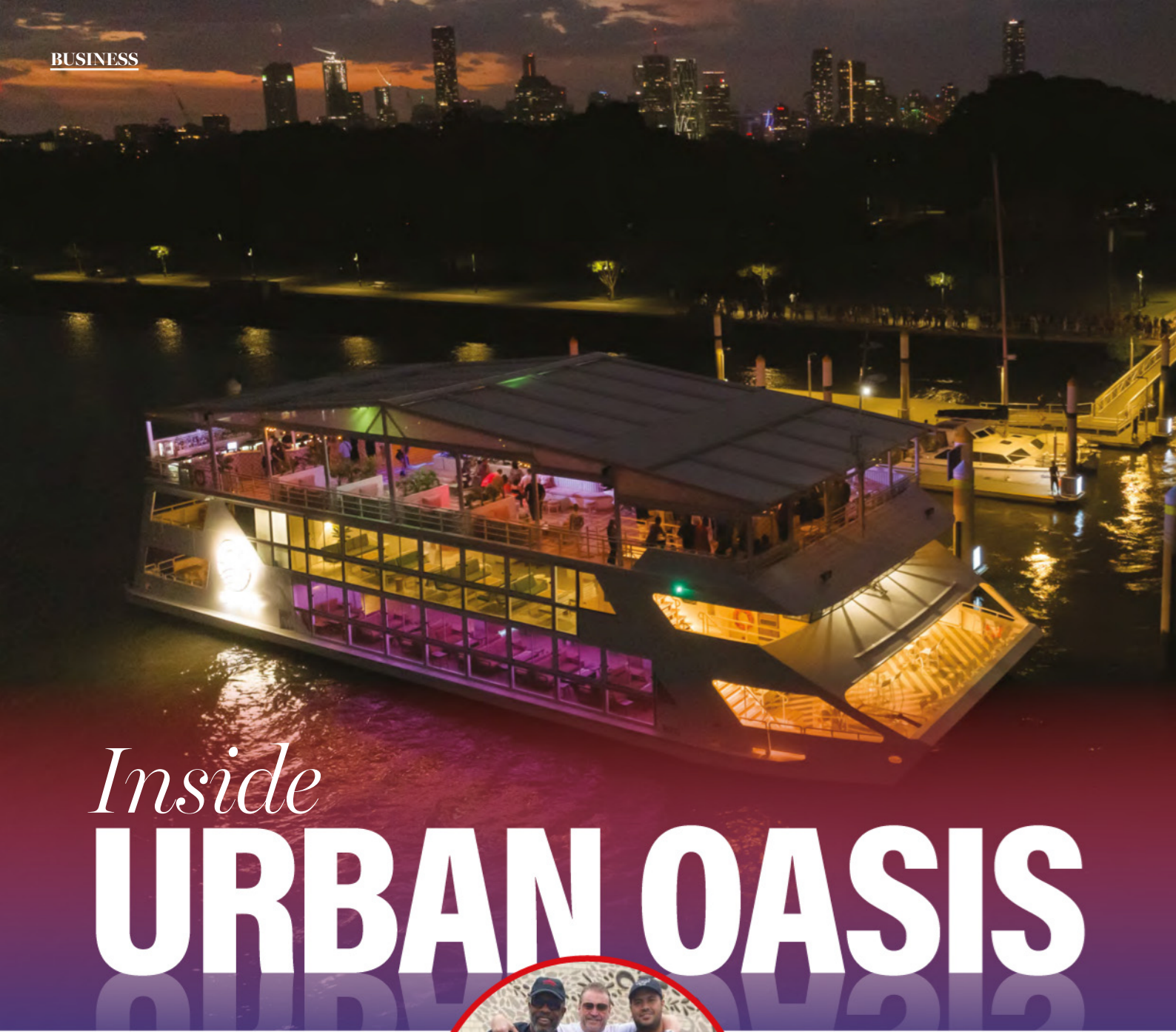
BORN:
June 11

HOMETOWN:
Livingston, New Jersey USA

FIVE-WORD SELF DESCRIPTION:
"Honest, humorous, adaptive, passionate, kind-hearted."

SNAPCHAT:
@Jessebert

INSTAGRAM & TIKTOK:
@Jessicaebert_



Inside URBAN OASIS

Rodney Overby and **John Blake**, founders of R&B event company Urban Oasis, discuss how they, together with **Dave Auld** – owner of epic luxury vessel SeaDeck, have created the ultimate party experience...

Interview by SANTI PINTADO

Tell us about Urban Oasis Events and what exactly you guys are all about?

Urban Oasis is a crew bringing authentic R&B, hip hop, afro beats, island jams and reggae music events to Australian waterways and land-based entertainment spaces. We spark our unique creative perspectives expertise and passionate energy via our collaborations to deliver a total package to punters on our party boats Sea Deck Sydney and Oasis Brisbane.

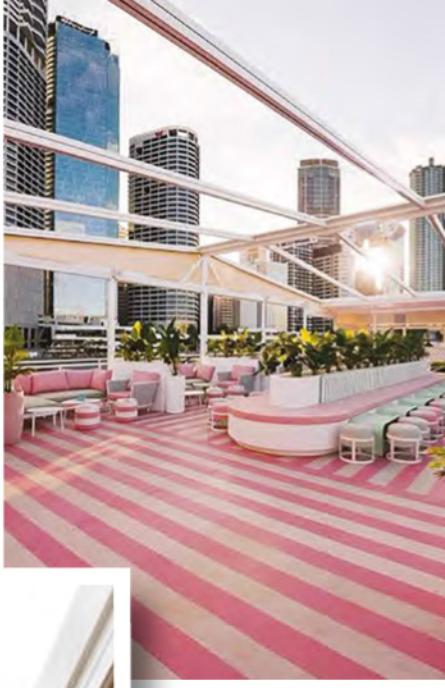
When did the company start up and why did you decide to do so?

Urban Oasis came together in the spring of 2023 after a longtime friend of 30-plus years, Dave Auld, secured a few hot venues in Sydney and Brisbane to provide a platform to promote the urban flavoured culture. I [Rodney) immediately reached out to "the genius of the game", big John Blake, to captain our journey and we became the triple threat! John is the brain behind all our achievements!

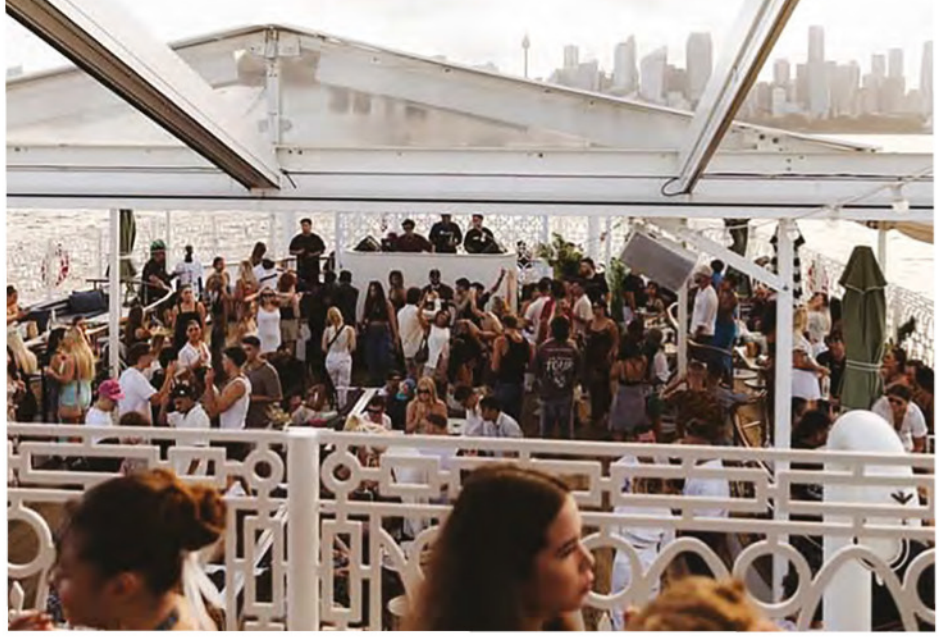
What's business been like since launching it?

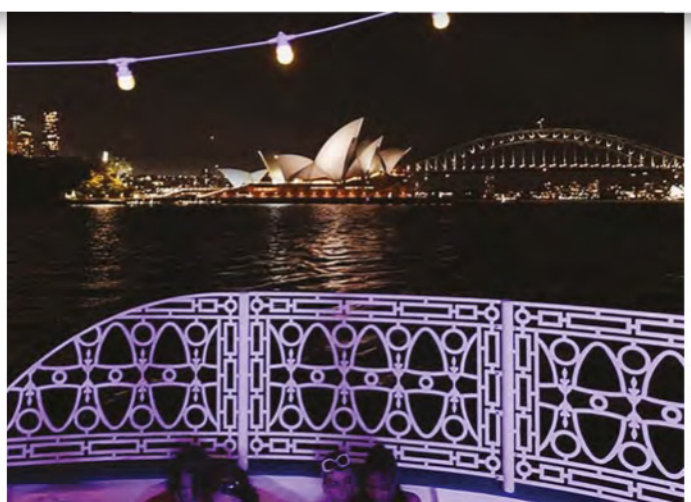
From the get-go Urban Oasis Events has been thriving in this entertainment industry due to the fact we collectively bring our creative combination of urban flava and luxury venues on sea and

Inset above: Urban Oasis Events founders (from left to right) Rodney Overby, Dave Auld and John Blake



*"We won't leave any stone upturned to bring **the best R&B, hip hop, afro beats, island jams and reggae** to the people. Come vibe with us!"*





land to a diverse clientele who seek our point of difference and vibed nightlife experiences.

Why does Urban Oasis stand out from its competitors?
Our crew promotes a culture of unity in this area and don't consider anyone competitors. We blend with others and produce a product to provide great, authentic vibes to every event we do because we are second to none. Period. The night life industry has always been a competitive market which became harder after those damn lockdown laws were introduced and forced venues and promoters to compete with each other. Our crew knew we had the edge to deliver the realness people wanted and needed.

*"Our crew knew we had the edge to deliver the **realness** people wanted and needed."*

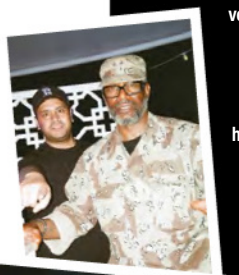
What's been your most successful event with the company so far and why?
Our most successful and enjoyable event was our grand opening aboard the luxury vessel Oasis Brisbane in 2023. We had an absolute ball, we came, saw and set a new standard for events, it was super satisfying. The party continues!

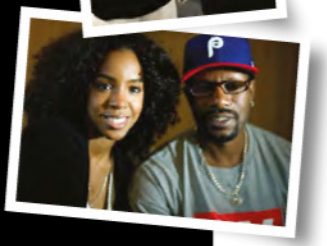
What advice do you have for MAXIM readers wanting to start their own business?
Plan: know your plans and stick to them.
Prepare: prepare to put in them hard yards and work.
Preserve: look after yourself and your team to preserve your business mindset.
Personally: build and nurture those personal and business networks for the long haul.
Positivity: always be positive and embrace the positives with your business.

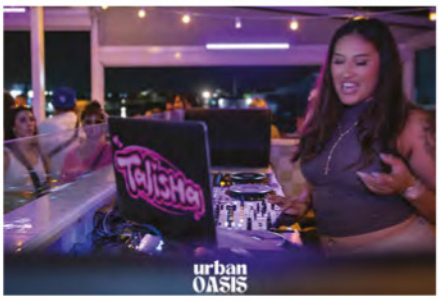
What's next for Urban Oasis? Do you guys have any exciting upcoming projects you can share with us?
All we can tell you is that we're about to set the bar sky high with what's coming. We won't leave any stone upturned to bring the best R&B, hip hop, afro beats, island jams and reggae to the people. Come vibe with us! ■

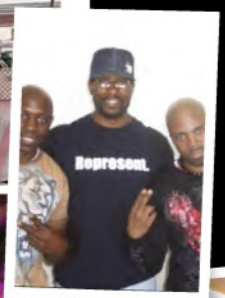
THE STORY OF O

Rodney Overby (aka Rodney O) is an old-school Philadelphia, Pennsylvania born MC, voiceover star, DJ and promoter who came to Australia over 30 years ago. At the time he saw that the music, sports and entertainment industries didn't have anyone like him. He modelled for Chadwick's and Ursula's agencies, created a radio show called *Between The Sheets* on 2DayFM and co- founded KIISFM with his Saturday night *Block Party* show featuring DJ Moto. He worked on the Fox network, started a basketball TV show called *Fast Break* on channel 10 and did a few years on the groundbreaking music and tech show *Ground Zero* with Ugly Phil and Jackie O. Rodney then became the voice for the National Basketball League and court announcer for the Sydney Kings team, plus had a stint as the ground announcer with the Penrith Panthers rugby league team. His voice work also includes the Olympic Games, tennis Masters Cup, professional boxing, wrestling and some of the biggest advertising campaigns pioneering the use of urban flavours on TV, radio, cinema and online platforms. Moreover, he backed some of the biggest urban concerts and festivals in Australia and continues to do so with his Urban Oasis Events company.









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How to... TURN YOUR PASSION INTO PROFIT

Seasoned Ausssie business coach, **JIM COCKS**, shares his insights into creating success and a multi six-figure income on your own terms...

Leaving your comfortable nine to five job to embark on a journey to creating that freedom business can be filled with twists, turns and unexpected challenges. For many, it begins with a burning passion and a desire to make a difference in the world. Yet, the road to success is rarely linear, as I learned firsthand in my own journey. After many years growing my own company and supporting many to do the same, I've discovered that getting started is the hardest part, which is why most stay in the rat race. Whether it is the fear of the unknown or leaving the security of a steady income. Creating the momentum and drive to overcome those first hurdles will set you up for success. How do you do that I hear you ask? Here's three simple things to remember:

What you focus on is what you get:
1 A clear vision of what you want to achieve, what you want life to look like will set you up to move towards your goals. Those that stay stuck focus on what they don't want which makes opportunity hard to spot.

Progress not perfection:
2 Know that the expectations you have on yourself are usually much greater than the ones others have of you. Have a plan but don't feel like everything needs to be perfect before you launch. It will adapt and grow over time.

You don't need to do it all at once:
3 A side hustle can be a great way to build a sustainable business while still earning a steady income. A great little exercise I do with my clients is to have them list their priorities in life, in order, eg: family, fun, travel, work etc... and then to look at their current calendar and see the reality of their current priorities based on how they schedule their week. This creates a catalyst to map out how you can move from where you are now to where you want to be at a pace that works for you. Slowly transitioning priorities without going cold turkey on that monthly paycheck.

SUCCESSFUL PEOPLE DON'T DO IT ALONE

After letting ego get in my way for several months when I first started building my new business, I sought the help of a mentor. You simply don't know what you don't know and surrounding yourself with people who you aspire to become is real fast track to success. Think of those you admire, the successful people in your eyes that have come before you. You don't necessarily need to go knocking on their door to buy them a coffee and ask 50,000 questions (though if you can it definitely helps) but research them, what has their journey been so far? How did they get to the place they are now? This will setup your own roadmap and hopefully help you navigate your first few steps.

THE POWER OF MINDSET

Throughout my journey, what was going on inside my head played the most crucial role in determining success. The biggest barrier for many aspiring entrepreneurs isn't lack of knowledge or resources, but rather their own limiting beliefs and self-doubt. I've witnessed firsthand how negative self-talk can sabotage even the most promising ventures. That's why cultivating a positive mindset is paramount. By reframing challenges as opportunities and silencing the inner critic, entrepreneurs can unlock their full potential and achieve their goals.

CELEBRATE FAILURE

Contrary to popular belief, failure is not the end of the road but rather a steppingstone to success. Failing forward is how I like to see it. Failure as a natural part of the entrepreneurial journey, recognising that each setback brings valuable lessons and insights. From failed ventures to missed opportunities, every experience will shape you into the entrepreneur you will become. Success isn't about avoiding failure but rather learning from it and using it as fuel to propel you forward.

*"For many, it begins with a **burning passion** and a desire to make a difference in the world."*

As I reflect on my journey, I'm reminded that turning passion into profit is not just about financial gain but more about personal fulfillment and growth. Money after all is the resource to achieve what you want in life and if you truly follow your passion and embrace the opportunities in front of you that resource will present itself at the right time. So to all the aspiring entrepreneurs out there, it's time, pursue your passions with courage and conviction. Remember, the road to success may be challenging, but with the right mindset and determination, anything is possible.

How to... CREATE A WINNING ENTREPRENEURIAL MINDSET

Ask any seasoned entrepreneur about the biggest impediment to success, and the answer might surprise you, it's not lack of knowledge or resources, but rather, mindset. The internal dialogue we engage in, often riddled with self-doubt and apprehension, can be more limiting than any external challenge. It's the relentless questioning - Am I capable? Will I be accepted? Can I achieve this? - that acts as a silent saboteur, hindering progress and stifling potential. It seems sometimes that we are our own worst enemy when it comes to getting to where we want to be.

A positive mindset isn't just about affirmations and wishful thinking; it's about genuine self-care and embracing authenticity. Filling your cup before you fill anyone else's.

Entrepreneurs, as the face of their business, must prioritise their well-being and lead by example. Vulnerability becomes a strength, connecting them with their audience on a deeper level and fostering genuine relationships built on trust and empathy.

Success lies beyond the confines of comfort zones. Yet, the allure of familiarity often holds entrepreneurs back, enticing them to retreat into the safety of the known. It's in challenging these self-imposed limitations, in embracing discomfort and uncertainty, that true growth and innovation thrive. Every "I can't" becomes an opportunity for empowerment, a chance to defy the inner voice of doubt and emerge stronger.

THE "BE, DO, HAVE" MINDSET

The coaching concept of "be, do, have" offers a roadmap to manifesting success. By embodying the qualities of the person they aspire to be, entrepreneurs can align their actions with their goals and ultimately achieve the outcomes they desire. It's not about pretending or faking it till you make it; it's about recognising and unleashing the potential that already exists within.

- Who must I **be**?
- And what must I **do**?
- To have what I want to **have**

The key to utilising this model to its fullest extent is to start with what you want to have. For if you don't know where you are going, it can be quite difficult to plan how to get there.

CONFRONTING CRITICISM AND ADVERSITY

Criticism and adversity are inevitable companions on the journey to success. From unfounded complaints to outright hostility, entrepreneurs must navigate a landscape fraught with challenges. Yet, it's in how they choose to respond, in crafting a mindset resilient to negativity and anchored in self-belief, that true strength is revealed.

The first step is to identify whether the criticism is internal or external. While we might think others think a certain way, have they actually said something to create that belief within or is it our internal dialogue getting in the way? If the criticism is coming from an external source, then you must decide what power you choose to give it. I truly believe that taking advice and listening to the "spectators", the people in the cheap seats that haven't walked the path you are walking yourself is an instant setup for failure. Unless you are seeking guidance from someone that has come before you then be wary of the opinions you allow yourself to take on board.

"Surrounding yourself with people who you aspire to become is real ***fast track to success.****"*

EMBRACING COLLABORATION AND DELEGATION

No entrepreneur achieves success in isolation. Collaboration and delegation are not signs of weakness but strategic imperatives. By recognising their own limitations and leveraging the expertise of others, entrepreneurs can optimise their efforts and accelerate their trajectory towards success. It's in building a network of support and expertise that true breakthroughs occur.

Cultivating an entrepreneurial mindset is not just about setting goals; it's about embracing a fundamental shift in perspective, a shift from self-doubt to self-belief, from comfort to growth, from isolation to collaboration. It's about recognising that success isn't a destination but a journey, one that begins with the unwavering conviction that anything is possible. So, are you ready to embark on this transformative journey? The path to success awaits, and it starts with a single step - a step that you must choose to take without looking back. ■

This is an edited extract from* BUILD EXCITE IGNITE *(Dean Publishing, $27.90) by Jim Cocks. As a business strategist, marketing coach and best-selling author, Jim's Level Up Formula helps people break free from the nine to five grind. For more, visit clearedgecoaching.com

CONFIDENT

&CREATIVE

Getting to know the stunningly tenacious personal trainer, model, blogger and volunteer charity worker **GIOVANNA TSIOLAS**...

Photography by VALERIIA GUZNENKOVA *Interview by* PARIS RAINE

Give us a little more background information about yourself, Giovanna.
I'm 25 and come from a Greek and Italian background. I grew up as an athlete and I'm currently working as a personal trainer. I love pushing my own limits, constantly aiding to achieve new goals for both myself and my clients. I'm also an avid solo traveller, having visited 12 different countries so far. I write about a tonne of my experiences on my blog, *Double Macchiato*, and plan to work on more literary projects soon. My work is mainly based in NYC and have been professionally modelling since 2021, working with reputable photographers from NYC, LA, and Miami.

Cool photo shoot. Tell us a bit about it.
My goal here was to work with a photographer that focuses on beautifying body shape and contour, accentuating my feminine features. I wanted this shoot to be very natural and minimalistic, displaying myself in my most natural element.

When do you feel sexy?
Feeling sexy is about embracing my femininity, owning my sensuality and exuding confidence in every aspect of my life. I feel sexy when my body feels active and healthy. I love showing off what I've worked for in my photo shoots, giving me a sense of inspiration to keep going.

What is your best asset?
My smile. It's important to give people my utmost attention and make them feel comfortable when they're around me. It emanates a mutual feeling of respect and is a compelling way to communicate to others beyond the spoken word. I also consider my confidence and resilience to be other strong assets.

What would people be most surprised to know about you?
I have a passion for writing and working towards social justice through volunteer work. I graduated Magna Cum Laude with two bachelor's degrees – one in journalism and the other in political science at Rutgers University. While my modelling work often takes stage, I maintain a steady balance for

*"Men appreciate when a woman can **take charge** and lead with confidence."*

the things that keep me grounded and make me feel a sense of purpose. I have an intense desire to fulfill my creative needs, but also an ambition to make my voice heard.

What have you learned about men over the years?
Men appreciate when a woman can take charge and lead with confidence. They welcome women who have their own agenda and goals, often wanting to help develop a foundation for her success. It really comes down to choosing the right guy with the right intentions.

What does your Mr Right look like to you?
I like a man who lives in his truth, treats himself and others with respect, has elegant style, is intelligent and aware, can make me laugh and also likes the finer things in life to indulge in.

Describe your ideal date.
Spending the whole day in the city, with a visit to an art museum, followed up by a classy dinner with great ambience.

Cool. What can we get you at the bar?
Monkey 47 gin martini – extra dirty.

*"Feeling sexy is about **embracing my femininity**, owning my sensuality and exuding confidence in every aspect of my life."*

STATUS UPDATE

NAME:
Giovanna Tsiolas

BORN:
October 19

HOMETOWN:
Jersey City, New Jersey USA

FIVE WORD SELF DESCRIPTION:
"Confident, tenacious, open-minded, poised, empathic."

LIFE MOTTO:
"'Care about what other people think and you will always be their prisoner.' – Lao Tzu, Chinese philosopher."

INSTAGRAM:
@giotsiolas

What's one thing men should always know about women?
Women need to be nurtured and cared for in a way that makes them feel completely safe and protected. A woman's autonomy needs to be respected in all ways, shapes and forms.

What's next for you?
I've just launched a new blog, Double Macchiato, that covers a wide range of topics including lifestyle, politics, relationships, literature, travel and health. It's going to function like an online diary where I share my thoughts and ideas and I'm really looking forward to connecting with readers and sparking meaningful conversations. Another big goal for this year is to publish my first book as an independent writer and also experiment with filming projects, dipping my toes in the acting realm. ■

Josie Ray

The MAXIM Australia *Women of the World Official 2024 Calendar* is the perfect gift for you and your mates. Featuring 13 gorgeous international models, this month we give you awesome July beauty Josie...

STATUS UPDATE

HOMETOWN
Toronto, Canada

BIRTHDAY
July 18

FIVE-WORD SELF DESCRIPTION
Sexy, spontaneous, caring, humble, mischievous

LIFE MOTTO
Let go of who you think you're supposed to be and embrace who you are.

INSTAGRAM
@josie.ray.x

The *MAXIM Australia Women of the World Official 2024 Calendar* is available in newsagents RRP $19.95

How To BE A BETTER PARTNER

The art of courtship is not dead — it's just sometimes forgotten about. Even when in a relationship a man needs to continue courting a woman to keep things alive, sexy and exciting...

By SIMONA FUSCO

Surprise her with little gifts — flowers are always the easy sure-fire way of warming her heart – and, depending on your budget, do things that — tell her you thought of her throughout the day. Maybe she's told you something that's bothering her or she's having trouble with. When she's in survival mode with things weighing on her mind it's hard to be open to romance. Offer to help her solve whatever is weighing on her mind.

Show her you're a rock, solid and someone she can count on in good times and in bad. Be consistent. As with your career, the reason you're successful is because you bring value to the table and offer consistency. The same goes for relationships, consistency is key. Just like you would do with your mother, father, daughter or son... show her what life would be like if she was in your life.

When she comes home surprise her with dinner, surprise her with flowers — just because. Maybe buy her a nice dress you think she would look beautiful in or maybe it's her favourite designer, then take her out for a nice dinner just because it is a way of letting her know how much you appreciate her and love her and make her feel special. Plan a special night out or even a special day out for a picnic, bring her favourite bottle of champagne, chocolate covered strawberries... it's the little details that show her you're thinking of her and are committed to her and not starting to take her for granted. Plan a weekend getaway, get a couples massage...

The reason things become Mundane in a relationship is because people don't keep the spice alive and these aforementioned little things will make sure the spice in the relationship is kept alive. I know with every day work and stresses these things can be forgotten about or seem too tedious to plan when you can just sit on the couch and watch TV with each other, but in actuality

doing these things will alleviate some of the daily stresses because it will bring you closer together and reinforce your bond in your partnership. Even saying things like, "I truly appreciate what you're doing" or "That made me feel truly special" and "You look beautiful today" can go a long, long way. You might say I've done that or this but maybe it's time to hit the refresh button and do it again. People have a way of taking things for granted in life and that is why most relationships fail.

Of course, this is a two way street and both of you will have to show each other that you appreciate and respect one another and can depend on each other. You're both loyal, honest and bring value to the table. That is what a true partnership is all about. Two people who complement each other and no matter what, they're solid. Sure you'll have your differences, your ups and downs, your arguments, but at the end of the day you're there for each other. You are family – with or without kids. You build your own sacred world with each other that nobody can destroy.

Which brings me to oversharing with other family members, friends and colleagues — never a good idea. I don't have to tell you that you never bring your personal life into business and vice versa. It's unprofessional and your personal life has no place amongst colleagues. With family and friends, it creates friction not only between you and your partner but also family members and friends that are now involved in your issues and will feel the need to meddle. It can feel like a violation of loyalty and trust to your partner. Discuss things with your partner or seek couple counselling. Make sure you both agree and feel comfortable with you're the latter. Work things out together, as a team. Here's some tips on coping with issues and problems...Reevaluate Bad Habits

A bad habit is simply a behaviour pattern most people often don't even realise they're doing. By pointing out a bad habit to your partner, you're making them understand the effect a bad habit is having on your relationship that will usually force them to reevaluate the habit and take actions to immediately change. I don't have to tell you that if they don't change then you already know what to do.

COVER THE ENDEARING QUALITIES

To women the most endearing qualities of a guy are: The way he treats his mother with love and respect; The way he treats and loves his children; The fact he goes out of his way to make you feel safe and secure; The way other people such as his partners and peers respect him; The kindness and generosity he often shows to strangers who need help.

COVER THE QUALITIES THAT MAKE A PARTNER SAY, "NO THANKS!"

Let's face it, as partners we all put up with certain things and often look the other way in an attempt to keep the relationship on track and enduring. However, there are certain things that no partner should ever allow and if these things happen, or continue, it might just be the time to say, "No thanks!"

DEALING WITH CHEATING

There is something to be said about having strong morals and convictions when it comes to the sacredness of fidelity. Infidelity and looking for pleasure outside the partnership can only lead to one thing — pain and suffering for each partner. Cheating is way too much work and too much lying. You will both end up being hurt so save yourselves the pain and don't do it. Moreover, you wouldn't like it if she cheated on you — at the end of the day there is a reason you fell in love with this girl and at one time she was the only woman you could think about. Never lose sight of this — treat her with respect because she deserves better.

LEARN FROM PAST MISTAKES

This is a tough one and from my experience it's sometimes like an endless merry-go-round. Your partner makes a mistake, they feel terrible, they vow never to do it again, time passes, they forget and they end up making the same mistake again. I've learnt that unless you truly understand why you've made this mistake and more importantly understand the negative effects your mistake has had on your partner, you will never be able to break that pattern. You should start by becoming aware of your mistakes and learning to see what you can learn from them. Next time you make a mistake analyse why you did it, how it affected your partner and make a commitment to both yourself and your partner that you will make changes in your life so that those same mistakes don't keep happening.

TAKE THE GOOD QUALITIES AND MAKE THEM BETTER

This final piece of advice is actually quite simple and straightforward. For all those good qualities you love and admire in your partner make sure you let them know. You'd be surprised by letting them know what you love and they will continue doing these things and strive to make them better. ■

DESTINATION MAXIM

MOONSTAR MAGIC

Looking for the ideal escape for fun, adventure with some relaxation thrown into the mix? Moonstar Villa in Koh Samui Thailand, our host location and backdrop for this month's Destination MAXIM tour, is the perfect getaway for you...

Tour Leader PARIS RAINE
Photography by ROCKY BATCHELOR
Cinematography by ALEX SCAPENS
Hair & make-up by POLINA PAK
Location MOONSTAR VILLA, KOH SAMUI THAILAND

*"The girls found not just a **retreat** but a place where bonds are strengthened and memories are crafted."*

Nestled in the heart of Koh Samui, Thailand, the luxurious Moonstar Villa was the perfect backdrop for this month's Destination MAXIM retreat. Twelve stunning MAXIM models embarked on a journey filled with adventure, laughter, unforgettable memories and of course, creating sensational content. The dozen was divided into three teams, each exploring different facets of the island's charm.

Group one, comprising of Coco, Katija, Kay and Nicole, kicked off their day with a trip to Pig Island. The allure of Thailand's number one tourist spot was irresistible. As the sun climbed high into the sky they found themselves amidst the serene beauty of the island, where gentle waves kiss the shore and playful pigs roam freely. The girls snooped over the beautiful reef, marvelling at the vibrant coral reefs below. Schools of colourful fish darted around creating an underwater ballet that left them in awe. Their laughter echoed across the island as they playfully interacted with the pigs, capturing moments that would later flood their social media feeds with envy-inducing snapshots. Back at Moonstar Villa, their camaraderie continued, filling the house with hilarious chatter and shared stories of their adventures.

Group two, consisting of Dani, Julia, and Kelsey, also set their sights on Pig Island. Eager to experience everything the island had to offer, they indulged in snorkelling, discovering the hidden wonders beneath the surface. The girls were captivated by the marine life, their excitement palpable as they pointed out various species of fish and coral formations. Of course, the island's pigs, with their quirky antics, added an extra layer of fun to their day. The trio bonded over the unique experience, their laughter blending with the natural sounds of the island. Returning to Moonstar Villa, they found themselves in deep conversation, recounting their favourite moments and planning the next day's escapades.

Meanwhile, group three featuring Annie, Sharna, Josie, Honey and Madison, opted for a different kind of adventure. They headed to the bustling Fisherman's Village for a delightful lunch. The village, with its charming wooden houses and

vibrant market stalls, offered a taste of local culture. The girls sampled an array of Thai delicacies which had their taste buds tingling with the exotic flavours. Post-lunch, the group couldn't resist the thrill of jet skiing. The azure waters of Koh Samui provided the perfect playground for their high-speed adventures and their screams of exhilaration mingled with the roar of the machines, creating a super-charged atmosphere. The laughter that ensued was infectious, each girl revelling in the sheer joy of the moment.

As the sun set on their action-packed days, the girls gathered at Moonstar Villa enjoying its luxurious space, panoramic views of the ocean and opulent amenities. It became a haven for relaxation and reflection and a place where they could bond and exchange stories of their respective adventures – their shared experiences weaving a tapestry of friendship and fun.

In the serene ambiance of Moonstar Villa, the girls found not just a retreat but a place where bonds are strengthened and memories are crafted. The Destination MAXIM experience in Koh Samui was more than just content creation; it was an adventure that would linger in their hearts – a testament to the magic of Thailand and the unbreakable spirit of camaraderie.

VILLA VIBES

We take you inside Thailand's beautiful and bountiful Moonstar Villa in Koh Samui...

Gentlemen, meet your next epic getaway, Moonstar Villa, perched high in Chaweng Noi, Koh Samui. This isn't just a villa – it's the ultimate man-cation destination, where luxury meets adventure in a tropical paradise. Whether you're looking to unwind or unleash your inner thrill-seeker, Moonstar is your playground.

Imagine stepping into a space where modern design meets traditional Thai flair. The open-plan living area is a stunner, with high ceilings and floor-to-ceiling glass walls that blur the line between indoors and outdoors. Natural light floods the villa, highlighting sleek wooden furnishings and contemporary decor. This is a place that screams sophistication and style. Your private quarters? Pure bliss. The king-sized bed with crisp white linens is positioned to give you a front-row seat to those killer ocean views. And let's not forget the ensuite bathroom, which features a rain shower and a tub with a view that's straight out of a travel magazine. This is your basecamp for adventure and relaxation.

The crown jewel of Moonstar Villa is undoubtedly the infinity pool. Stretching out towards the horizon, it creates the illusion of merging with the sea. Imagine floating in this pool, the sun warming your face and the gentle hum of the island in the background. Did we already say it's pure bliss? The pool area also features a sun deck perfect for lounging with a cocktail, soaking up the sun and plotting your next adventure.

*"It's an experience that **rejuvenates** your spirit and leaves you with memories that last a lifetime."*

What's more, the staff at Moonstar Villa take hospitality to a whole new level. They're always a step ahead, ensuring every need is met with a smile. Whether it's arranging a traditional Thai massage, whipping up a breakfast feast or organising a private chef for a dinner that would make a Michelin star restaurant jealous – yep, they've got you covered. You're here to relax and enjoy and they make sure that's exactly what happens.

Just a short stroll from the villa is Chaweng Noi Beach, your launchpad for all things adventure. Sunbathe, swim or dive into water sports like jet-skiing and parasailing. The clear waters are perfect for snorkelling, revealing vibrant coral reefs and a bustling underwater world. And if you're feeling peckish afterwards, the local beachside restaurants serve up fresh seafood, spicy curries and fragrant rice dishes that will tantalise your taste buds. Oh, and don't miss the night market in Chaweng, where you can feast on street food delicacies from satay skewers to sweet mango sticky rice. Boom.

Simply put, Moonstar Villa is designed for you to slip into the island's laid-back rhythm. Start your day with an early morning swim, spend lazy afternoons lounging by the pool and let the evenings melt away as you gaze at the starlit sky. This is where you can truly unwind, recharge and find your zen. This is why leaving Moonstar Villa is no easy task. This isn't just a place you stay; it's an experience that rejuvenates

your spirit and leaves you with memories that last a lifetime. The tranquil mornings, vibrant sunsets and serene nights will stay with you long after you've returned to the grind.

So, if you're ready to escape the hustle and bustle and indulge in some well-deserved luxury, Moonstar Villa in Chaweng Noi, Koh Samui is calling your name. Pack your bags, grab your passport and get ready for a getaway that you'll be talking about for years. Paradise is waiting, gents. ■

For more information check out WWW.MOONSTARVILLA.COM

Kelsey

Tell us a bit about yourself.
I grew up on a small farm in Clarkston, Michigan USA, with my two older brothers. Growing up, I was a tomboy in a tutu and I share my brother's passions for cars, motorcycles and dirt bikes. I also love animals, being in nature, have a strong sense of adventure and love to travel. My other passions are rooted in natural and organic health and wellness.

Describe your Destination MAXIM Thailand experience.
It was my first time travelling out of the country and it was worth the time it took to get there. Koh Samui is such a beautiful island and I fell in love with the people and culture. It was so much fun exploring Koh Samui and meeting the other models who were there. Shooting with Destination MAXIM was the most incredible experience of my career so far!

Got any fun memories from this Destination MAXIM trip?
Travelling by boat to Pig Island, snorkelling and going on a two-hour ATV ride in the mountains.

What is your best asset?
My sense of humour and my eyes – because I have Heterochromia, two different coloured eyes.

When do you feel sexy?
When I'm in front of the camera because I am in my element.

What would people be most surprised to know about you?
That I love all genres of music ranging from R&B to '90s rap to classic rock to country.

STATUS UPDATE

NAME:
Kelsey Young

BORN:
October 22

HOMETOWN:
Clarkston, Michigan USA

FIVE-WORD SELF DESCRIPTION:
"Balanced, mature, compassionate, deep, driven."

INSTAGRAM:
@Kelseyfyoung

Josie

Tell us a bit about yourself.
I was born and raised in Canada but moved to Australia at a fairly young age. I love spending my days at the beach or hanging out with my dog; I'm a huge animal lover. I keep myself active and fit and my interests include reading and investing.

Got any fun memories from this Destination MAXIM trip?
My fun memory is hitting the beach club with the other models, having a few drinks and just having an amazing time out.

What would you tell anyone who wants to come on a Destination MAXIM tour?
It's a pretty unforgettable experience. The place you stay it is gorgeous and the memories you make are for ever.

When do you feel sexy?
I feel super sexy after a glass of wine – haha...

What is your best asset?
My smile! A smile speaks a thousand words.

What have you learned about men over the years?
Many men are very visual. They like to look but it doesn't necessarily mean they need or want to touch.

What do you look for in a man?
I want my man to be successful, driven, high-achieving and, above all, caring.

What is your motto in life?
If you are not obsessed with your life, change it.

STATUS UPDATE

NAME:
Josie Rae

BORN:
July 8

HOMETOWN:
Brisbane, Qld

FIVE-WORD SELF DESCRIPTION:
"Smart, confident, sophisticated, classy and beautiful."

INSTAGRAM:
@Josie.ray.x

STATUS UPDATE

NAME:
Honeyy Brooks

BORN:
March 4

HOMETOWN:
Gold Coast, Qld

FIVE-WORD SELF DESCRIPTION:
"Adventurous, unapologetic, passionate, wild, fearless."

INSTAGRAM:
@honeyybrooks

Honeyy

What was your highlight of this trip?
The highlight of the trip was absolutely the other models I met. We had a blast. Movie nights, eating out, beach clubs, jet skiing... it was just like a fun girl's trip away.

When do you feel sexy?
When I'm at home with my hair in a messy bun, a baggy T-shirt on while cooking dinner and listening to slow country music with a wine in my hand.

What is your best asset?
My passion for adventure. I'm such a "yes" girl – I'd rather be outdoors doing all the fun things than sitting at home worrying about the small things. Physically, my lips and smile.

What would people be most surprised to know about you?
As obvious as it may be, people are always shocked to hear I'm a country girl through and through. I ride horses and motorbikes, I fish and I shoot for fun. I run a 100-acre farm on my own for half the year, full of beef cattle, sheep and goats. Plus, my favourite hobby is my veggie patch – it's my baby.

What's one thing men should always know about women?
Don't judge a book by its cover. Even the most independent, confident woman has a soft side that needs nurturing.

What have you learned about men over the years?
A lot, but the biggest thing I've learnt is that behind all the layers they just want connection and to feel loved.

Dani

Tell us a bit about yourself.
My passion for modelling ignited in childhood. I remember being a little girl and transforming my hallways into a personal runway to practice my model stride. Amidst the COVID-19, my goals of starting my modelling journey reached new heights when I had incredible opportunities to collaborate with local boutiques, renowned brands and even appear on major TV productions.

When do you feel sexy?
When I'm in a state of optimal health and fitness. Whether it's pushing myself through a challenging workout or finding inner peace through meditation, prioritising my physical and mental well-being always leaves me feeling confident, sexy and strong.

What would people be most surprised to know about you?
I value internal beauty and kindness more than any external glamour. I'm always striving to become a better woman inside and search for connections with those who share my same values.

Got any fun memories from this Destination MAXIM trip?
Conquering my fear of heights while climbing a tall staircase to behold the Heart Shape Mountain view was exhilarating. Finally witnessing elephants in real life was a heartwarming experience, too – they're incredibly sweet and adorable.

What is your best asset?
While it might sound cliché, I believe my best quality lies in my authenticity and compassion, rooted in my heart. Moreover, my genuine smile, which I consider my physical asset, has the power to brighten any room.

STATUS UPDATE

NAME:
Dani Pham

BORN:
December 1

HOMETOWN:
San Francisco, California USA

FIVE-WORD SELF DESCRIPTION:
"Angelic, authentic, effervescent, ethereal, goddess."

INSTAGRAM:
@dani.pham

Sharna

Tell us a bit about yourself.
I'm a successful business owner who travels the world and only recently have taken modelling seriously. But it was always a dream of mine and now I'm being published in one of the biggest men's magazines in the world!

Describe your Destination MAXIM Thailand experience.
This was my first Destination MAXIM and I'd do it over and over again! I had the time of my life meeting so many beautiful women, living it up in a luxury villa and experiencing the culture of Koh Samui, Thailand.

When do you feel sexy?
When I've got my hair and make-up done with a hot outfit on, feeling a little tipsy with my best girlfriends! It gives me so much confidence when I feel and look good surrounded by great company!

What's one thing men should always know about women?
Treat us with love, kindness and respect. You'll get the best version of a woman if you treat her the right way.

What do you look for in a man?
Someone who can make me laugh! I'm quite quirky and I can't be myself if they are too serious. I love also love gentleman – opening doors and buying flowers is the way to my heart.

What is your motto in life?
Travel as much as you can, there is so much to see of this beautiful world! There is much more to life than repeating the same day over again.

STATUS UPDATE

NAME:
Sharna Beckman

BORN:
July 22

HOMETOWN:
Central Coast, NSW

FIVE-WORD SELF DESCRIPTION:
"Driven, bubbly, funny, attractive and protective."

INSTAGRAM:
@sharnabeckman

STATUS UPDATE

NAME:
Katija Cortez

BORN:
October 1

HOMETOWN:
Sydney, NSW

FIVE-WORD SELF DESCRIPTION:
"Fun, outgoing, opportunist, calculated, determined."

INSTAGRAM:
@playmatekatija

Katija

Tell us a bit about yourself.
I'm an international model, cover girl and the co-host of a multi-award-winning podcast called The Kat & Mark Show. Prior to my life as a model and podcaster I worked as an accountant at a big four accounting firm for three years – super different! I currently have two business degrees, a financial license and a writing degree. I also like to trade shares and love property investing.

What would people be most surprised to know about you?
That I used to be a chartered accountant. I probably couldn't have picked more polarising lives, right?!

What is your best asset?
Physically, my best asset are my eyes or eyebrows. I used to hate them when I was in school but it's funny how everyone wants bushy eyebrows now!

When do you feel sexy?
When I'm all dolled up and in front of the camera. I love modelling and I feel like it really brings out my sexy side.

What do you look for in a man?
Humour is my number one characteristic I look for in a man. I consider myself a pretty funny person and I need their humour to match, or out-match, mine! There's a reason why Pete Davidson gets all the hot girls – women love a funny guy.

What would you tell anyone who wants to come on a Destination MAXIM tour?
Do it! It's a once in a lifetime experience. I'd love to do it again!

Annie

Describe your Destination MAXIM Thailand experience.
It was one of the most fun weeks of my life. I met some of the most amazing women who I believe will be life-long friends. The photo shoot was fun and creative and it was amazing to unlock a sultry, sexy side of myself I hadn't seen before. Oh, and the villa was insane – I've never stayed somewhere so big and beautiful with such incredible views.

When do you feel sexy?
When I'm wearing lacey lingerie in bed or a skimpy bikini at the beach.

Got any fun memories from this Destination MAXIM trip?
Having margaritas at the beach club with the girls as we shared our backgrounds and discussed the industry whilst the sun was setting over the ocean.

What is your best asset?
I always get told I have a beautiful smile, but my best overall asset is my ability to make friends and get along with anyone.

What would people be most surprised to know about you?
I'm an introvert! I think everyone sees me on social media and assumes I must be super outgoing, but when I first meet new people, I'm actually very shy and reserved. It takes me a while to feel comfortable and come out of my shell.

What would you tell anyone who wants to come on a Destination MAXIM tour?
I couldn't recommend Destination MAXIM more highly. It's such a fun, positive experience, and one you will remember forever.

STATUS UPDATE

NAME:
Annie Knight

BORN:
December 9

HOMETOWN:
Melbourne Vic

FIVE-WORD SELF DESCRIPTION:
"Kind, generous, fun, loyal, funny."

INSTAGRAM:
@anniekknight

Madison

Tell us a bit about yourself.
I'm 22, born and raised in New Jersey, and ever since I was a little girl I've always loved being in front of the camera and expressing myself through fashion. This has carried into my adulthood, from pageants to photoshoots on the beach to music videos, runway and now shooting with known brands! I recently moved to LA to pursue my dreams and I wouldn't have been able to do it without the support of my entire family who I miss every day.

Got any fun memories from this Destination MAXIM trip?
My favorite memory of the trip was when all the models went to SEEN beach club where we all really got to know each other and had the best time ever. From sitting at our cabana, just talking, to dancing around together laughing endlessly – truly unforgettable!

What would you tell anyone who wants to come on a Destination MAXIM tour?
Explore with the girls and don't be shy, be yourself and it makes the experience so much better!

When do you feel sexy?
Whenever I'm on set because I feel as if I can be my true self and express myself in many ways!

What's one thing men should always know about women?
Women want to feel heard and listened to. Also, that we pay attention more to your actions than your words!

What do you look for in a man?
Someone who is smart, outgoing but also introverted, determined, understanding and romantic.

STATUS UPDATE

NAME:
Madison Jean Colmyer

BORN:
May 24

HOMETOWN:
Little Egg Harbor, New Jersey USA

FIVE-WORD SELF DESCRIPTION:
"Outgoing, spontaneous, determined, hardworking and funny."

INSTAGRAM:
@maddiejeann_

STATUS UPDATE

NAME:
Coco Bae

BORN:
March 14

HOMETOWN:
Gold Coast, Qld

FIVE-WORD SELF DESCRIPTION:
"Direct, quirky, supportive, strong, driven."

INSTAGRAM:
@cocosinstaworld

Coco

Tell us a bit about yourself.
I was born in Canada and I'm of Moroccan heritage. I travelled throughout my 20s before settling in Gold Coast. I work full-time as a content creator and when I'm not working you can find me at the gym, at the beach or hibernating at home.

What was your highlight of this trip?
I loved waking up to a sunrise – I find this to be a really serene way to start my day. On the last day there were even tiny twister tornados in the sunrise horizon. Incredible.

What is your best asset?
I've got a great-ass personality!

Got any fun memories from this Destination MAXIM trip you'd like to share?
I definitely think my showers with Katija Cortez should be shared!

What would people be most surprised to know about you?
I think one that takes people by surprise is that I once ran for politics. I always slip in little gems about my past that catch people off guard.

What do you look for in a man?
Strength and emotional intelligence. Someone who is open and honest in how they communicate and who I feel safe with.

What's one thing men should always know about women?
We know. Even when you think we don't, we still know.

Nicole

Tell us a bit about yourself.
I grew up in a small town in Ohio, USA and now live in Fort Lauderdale, Florida. I have a bachelor's in communication and worked in sales in corporate America for years before quitting my nine-to-five job to get into modelling full-time. I own a couple of rental properties, love collecting stamps in my passport and staying fit with yoga and walking my dog.

What would people be most surprised to know about you?
I'm very honest and open about my life and work with everyone.

How would you describe yourself in five words.
Driven, passionate, committed, sassy and silly.

When do you feel sexy?
It doesn't matter what I'm wearing as long as I'm comfortable and confident.

What is your best asset?
My brain.

What have you learned about men over the years?
They want to be taken care of and be heard in a safe space.

What's one thing men should always know about women?
The mind is the ultimate aphrodisiac.

What do you look for in a man?
Someone who is respectful, humorous, emotionally aware and supportive.

What would you tell anyone who wants to come on a Destination MAXIM tour?
Absolutely do it! It's an amazing experience. I was so lucky to have this experience. MAXIM made the trip fun, easy and to top it off we shot in the most beautiful villa. It doesn't get much better than that!

Kay

What is your best asset?
It has to be my boobs. I love them – haha! – but within my personality it's my honesty. I always say how I feel and what I think – there's no guessing what "game" I'm playing with people because there is none. I'm a straight up person.

What have you learned about men over the years?
Men are incredibly simple creatures, as are women, if you look at it from the right perspective. Typically, there's only a few things men want. Once they have these things, they are happy and won't annoy you.

What's one thing men should always know about women?
Never tell us to calm down! You're only going to make us even more emotional!

What do you look for in a man?
A great sense of humour and height is quite important to me, but you know what is definitely plus? If they can cook! But don't worry, I can do this for the both of us if he can't.

Describe your ideal date.
I wouldn't say I'm old school, but I'm definitely a dinner-date girl. Put a steak and some wine in front of me and you might have me on one knee proposing to you. What can we get you at the bar? You can definitely get me a Long Island at the bar. I might even marry you over it.

STATUS UPDATE

NAME:
Kay Manuel

BORN:
March 25

HOMETOWN:
Surfers Paradise Qld

FIVE-WORD SELF DESCRIPTION:
"Ambitious, unhinged, extreme, deadly, sexy."

INSTAGRAM:
@officialkaymanuell

STATUS UPDATE

NAME:
Julia Sokolowska

BORN:
November 13

HOMETOWN:
Chicago, Illinois USA

FIVE-WORD SELF DESCRIPTION:
"Adaptable, curious, empathetic, insightful, creative."

INSTAGRAM:
@Js0ko

Julia

Tell us a bit about yourself.
I was born in a little town in Poland and spent my childhood growing up on a small dairy farm. My parents decided to immigrate to the US for a better life, so I got to experience the "American dream" of going to college and learning what it means to be a strong, independent woman. I now love to travel the world, read great books, and submerge in nature.

What would people be most surprised to know about you?
People might be most surprised to learn about my adventurous spirit. I love adrenaline-fuelled activities like skydiving, bungee jumping or even exploring remote destinations.

What is your best asset?
Physically, my smile, but my greatest asset is my resilience. My ability to adapt, learn and grow to persevere through life's trials and emerge stronger on the other side.

When do you feel sexy?
When I'm taking care of my body by working out and eating clean. When I feel my healthiest is when I feel powerful, strong and sexy.

Got any fun memories from this Destination MAXIM trip?
It was really fun when we took a boat to Pig Island on our last night. The scenery was so beautiful on the boat ride to the island and back. I will really miss all the fresh coconuts that were all over the island. Also, the beautiful scenic views in the villa. Waking up to the different bird songs and opening the floor to ceiling windows to let the sun in and just divulge in the spectacular weather.

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Words simply can't describe how amazing our experience was in Thailand. It truly is paradise and the perfect location for the amazing content we created. If you want to join team Destination MAXIM for a memorable tour, just DM us on Instagram and find out where we will be going to next!

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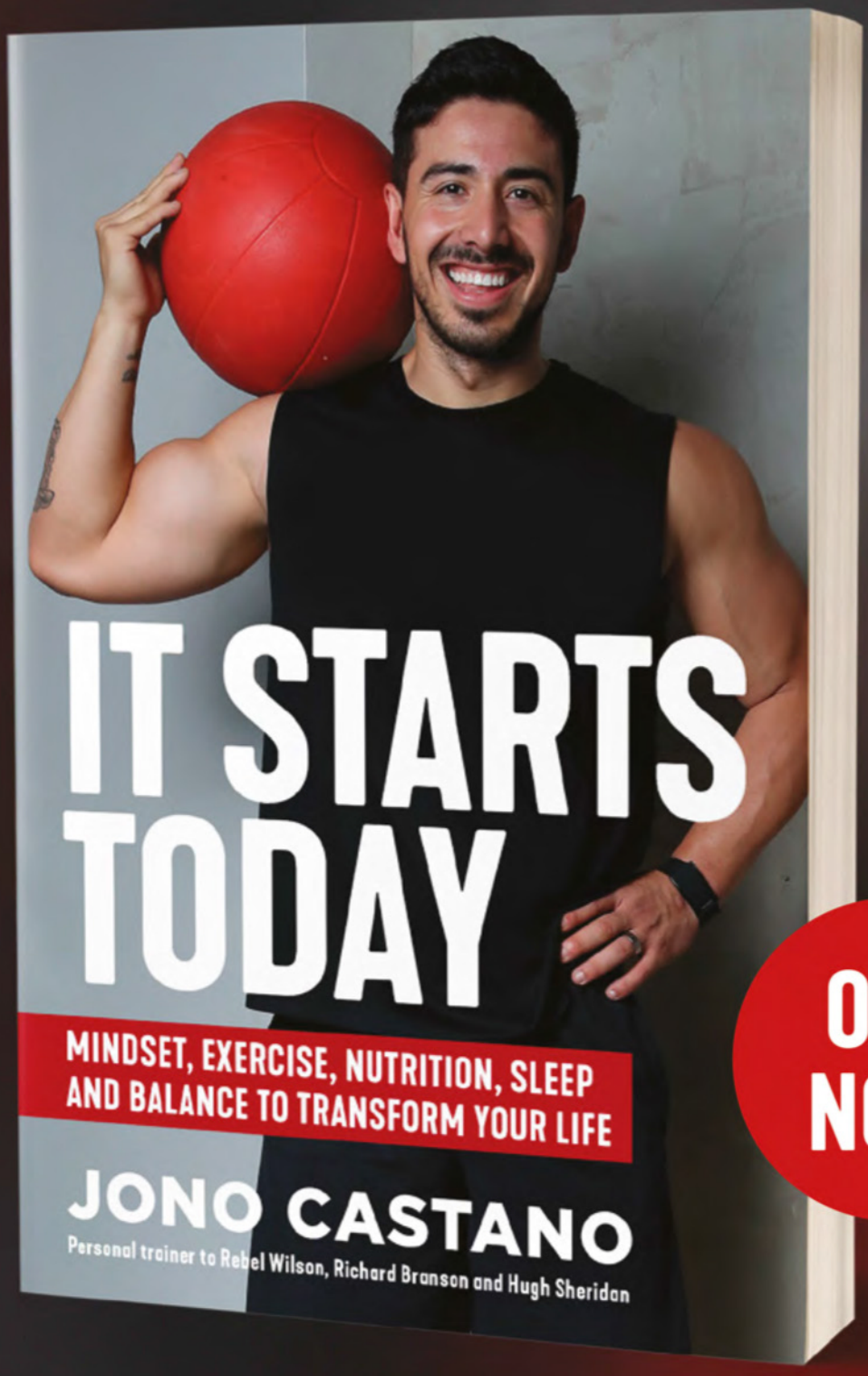
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